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estimated
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estimated

**GLEEFUL DEBUT FOR TEEN SINGER**
ANTI-AGING TREATMENT FOR 18-YEAR-OLD {page 15}

# SEMRAU
## SOLDIER FOUND NOT GUILTY OF MURDER
MILITARY {page 8}

TORONTO metro®
Tuesday, July 20, 2010
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# Black gets bail, but still in jail

**Black was originally charged with more than a dozen criminal allegations Former media baron was convicted on three counts of fraud and one of obstruction of justice**

JERRY LAI/THE CANADIAN PRESS

▶ In this Dec. 10, 2007, file photo, convicted former newspaper baron Conrad Black leaves the U.S. federal building in Chicago.

The U.S. Court of Appeals has issued an order granting bail to Conrad Black.

However, Black's appeal lawyer Miguel Estrada says the former media baron has not yet been released.

Terms of his bail will be set by Chicago judge Amy St. Eve, who presided over Black's criminal trial.

That will happen as soon as Black and his lawyer can get in front of her.

Last month, the U.S. Supreme Court ruled that a law used to help convict Black on three counts of mail fraud had to be applied more narrowly. The ruling didn't exonerate Black, but did give him another chance to argue against his convictions.

Black was also convicted of a more serious count of obstruction of justice that carried a 6½-year sentence, which he is serving in a Florida jail. THE CANADIAN PRESS

Wellness

## Shake your way to a better body

Belly dancing is one of the trendiest exotic exercises going Learn how to use the unique dance to get your whole body in shape {page 23}

## 'Special' treatment for LiLo

Will serve sentence in isolation, could be free in as little as two weeks {page 19}

## The Devils he knows

Kovalchuk signs 17-year deal to stay in New Jersey {page 31}

## Canadian Tire drops eco fee

Store decides to stop charging 'botched' fee {page 3}

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**St. Lawrence Market.** How 'bazaar'

▶ A camel named Simon takes a break while shooting a TV show yesterday near St. Lawrence Market.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

## Summer heat even too much for camels

Market Street, on the west side of the St. Lawrence Market, was transformed into a Middle Eastern bazaar yesterday for a new episode of the Syfy Channel series Warehouse 13. The show returned to the airwaves for its second season earlier this month. Along with fellow Syfy series Alphas, Warehouse 13 is one of a slew of TV shows shooting in and around the GTA this summer.

# Eco fees 'botched,' Canadian Tire says

**Fees meant to fund recycling for hazardous chemicals ◗ Little warning given that fees would be rolled out this month ◗ Some 'natural' products were still subjected to charge**

Canadian Tire customers won't be charged Ontario's controversial eco fees starting today, largely because the program is too complex and was mishandled by both government and retailers, the store chain announced yesterday

The fees, which have been mired in confusion since retailers started charging them on thousands of new items July 1, were the victim of a "botched" rollout and "poorly handled" by everyone involved, said Mike Arnett, president of Canadian Tire Retail.

Waste Diversion Ontario set up a very complicated structure for charging eco fees and left much of the interpretation up to the retailers, he said in a release.

Two similar brands of cleaning products could have two different eco fees, depending on slight variations in their ingredients, for example.

**"The McGuinty government dropped the ball. It's now up to the government to pick up the pieces and ensure the companies that profit off this waste should be responsible for getting rid of it — not their customers."**
**NDP LEADER ANDREA HORWATH**

"Even more confusing, the 'interpretation' of these fees is left up to each retailer — meaning that five different retailers may charge five different eco fees for the exact same product — all depending on how they interpret the very complicated fee structure," he wrote.

Arnett acknowledged that Canadian Tire, which apologized last week for overcharging some of its customers, didn't do a good job of implementing the fees either.

**THE CANADIAN PRESS**

1 news

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**Allan Small goes bargain hunting in a stagnant stock market. More at metronews.ca/investing**

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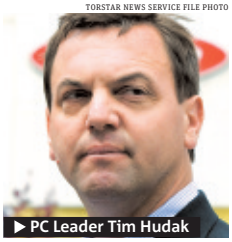
the Bay OPTICAL



# Cabinet stays mum in wake of OPP raid

**Government also declined to say which ministries were targets of police raid**

TORSTAR NEWS SERVICE FILE PHOTO



PC Leader Tim Hudak

Ontario cabinet ministers stayed silent yesterday in the wake of a police raid on a provincial government office complex, despite Opposition warnings that thousands of public servants were "being tarred" with the same brush.

Last Thursday, the Ontario Provincial Police anti-rackets branch raided the Macdonald Block, a downtown Toronto tower that houses 13 provincial ministries and agencies and the offices of several cabinet ministers.

Cabinet ministers refused comment yesterday, and a spokeswoman for Premier Dalton McGuinty — who is on vacation — said elected officials had nothing to add and all questions should be addressed to provincial police.

Allegations about "irregular" financial dealings between public servants and outside vendors are serious and require a ministerial response, said Progressive Conservative Leader Tim Hudak.

"This is the time for either the premier or one of his ministers to come forward and reassure the public and those working in the public service who have all been tarred with the same brush about what the realities are," said Hudak.

"I fully expect to see a Liberal minister out here, or the premier himself, discussing exactly what's happened and the steps that have been taken to restore confidence in the civil service."

The New Democrats said the provincial police should act quickly to clarify which ministries are under investigation.

"This ongoing criminal investigation is extremely disconcerting and casts an unfortunate cloud over all provincial government operations," said NDP Leader Andrea Horwath.

"I expect all levels of the McGuinty government to fully co-operate with the OPP in this very serious matter."

However, the police force declined to reveal any more information about the raid or say which ministries were the target of the investigation, and suggested it could be some time before charges are laid. THE CANADIAN PRESS

## Provincial hospitals need cash: Opposition

Ontario's cash-strapped hospitals are on a "downward spiral" and will keep bleeding red ink if the government doesn't step in to help, Opposition leaders said. More than one-third of Ontario's hospitals were in the red, amounting to a $107-million shortfall. The province's 159 hospitals are forbidden from running deficits by law. THE CANADIAN PRESS

**Golf.** Celebrities

Fred Couples, right, and actor Samuel L. Jackson share a hug prior to the start of the Mike Weir Charity Classic golf tournament in Toronto.

FRANK GUNN/THE CANADIAN PRESS

## Hollywood on the links

**The stars were out for the Mike Weir Charity Classic yesterday, which was played at St. George's Golf and Country Club. St. George's will host the Canadian Open later this week.**

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▶ Brian Sanchez, 5, is shown in this photo from November 2009, getting an H1N1 flu vaccine from nurse Donald Corbiere at the North Toronto Memorial Community Centre.

# Costly H1N1 program was cost-effective

## Study finds vaccination averted nearly one million deaths in Ontario due to timely implementation

Ontario's H1N1 vaccination program averted nearly one million cases and as many as 50 deaths, a newly published cost analysis of the program suggests.

Similarly, Statistics Canada released figures yesterday that show 41 per cent of Canadians older than 12 said they got an H1N1 vaccine shot last fall.

The actual national figure is likely higher because the report did not include people living in the northern territories

The Ontario cost analysis study was done by Beate Sander, a health economist with the Ontario Agency of Health Protection and Promotion.

**32**

**The percentage of Ontarians who got the H1N1 shot, according to the national uptake data. Ontario had the lowest rate of H1N1 vaccination.**

Sander and colleagues used a disease transmission model to predict what would have occurred if no intervention had been used to prevent the spread and impact of the flu. They then compared those rates to the actual reported number of hospitalizations, emergency department visits and deaths.

She said without the vaccination Ontario could have seen an additional 420 hospitalizations, 28,000 emergency visits and 100,000 visits to doctors' offices.

"At $180 million, it was a costly program, but it was also highly cost-effective," she said.

Sander said if the program began any later the program wouldn't have been as cost-effective.

THE CANADIAN PRESS


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# Officer lied about laptop, tribunal told

**Staff Insp. Steve Izzet is currently suspended with pay ● If found guilty, he could be dismissed from the Toronto Police Service**

While under internal investigation, one of Toronto's highest-ranking police officers denied possessing a service-issued laptop and allegedly tried to delete files from the hard drive, a disciplinary tribunal was told yesterday.

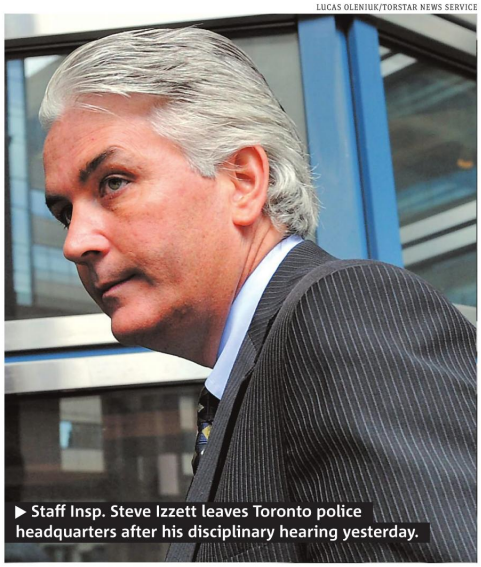
However, no evidence was called against Staff Insp. Steve Izzett after adjudicator Keith Hoilett granted a week adjournment, although not the six-week postponement sought by lawyer Won Kim.

Kim told the retired judge he has been "overwhelmed" with disclosure that continues to pour in and includes more than 180,000 pages, dozens of transcripts and audio recordings of more than 50 witnesses.

"What's at stake today is the reputation of my client," Kim said. "He is here today unshaken and unstirred from his conviction that he will clear his name."

And, Kim added, while the prosecution benefits from the "awesome machinery" of the police force, Izzett is relying on personal resources to fight the nine charges of misconduct. The offences include allegations of sexual harassment, bullying and disposing of notes pertaining to official duties. TORSTAR NEWS SERVICE

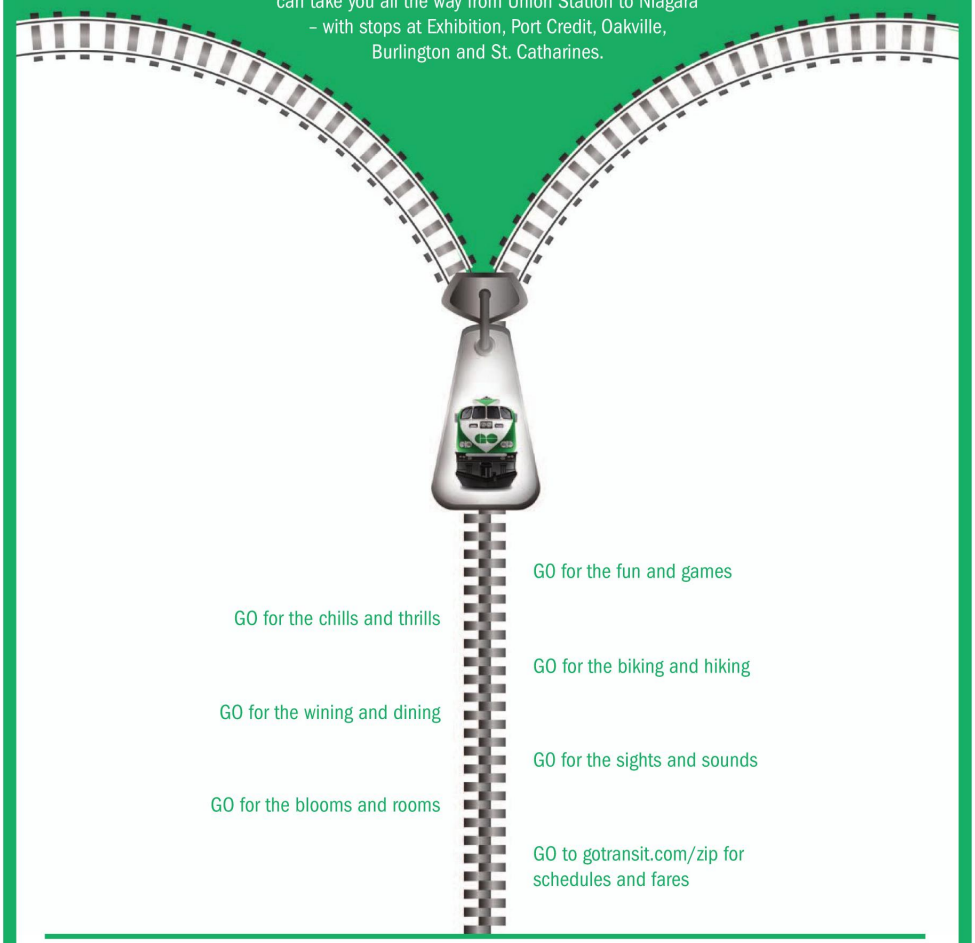
LUCAS OLENIUK/TORSTAR NEWS SERVICE



▶ Staff Insp. Steve Izzett leaves Toronto police headquarters after his disciplinary hearing yesterday.

Zip down to Niagara this weekend

Friday evenings, weekends and holidays until September 26, the GO Train can take you all the way from Union Station to Niagara – with stops at Exhibition, Port Credit, Oakville, Burlington and St. Catharines.



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# Cops arrest seven more linked to G20 riots

Toronto police have arrested seven more people on charges related to violent protests during last month's G20 summit.

Police say the six men and one person under 18 were arrested Sunday and yesterday.

Most of the charges are for mischief.

One suspect is also charged with arson and breaching probation, and another with attempted theft.

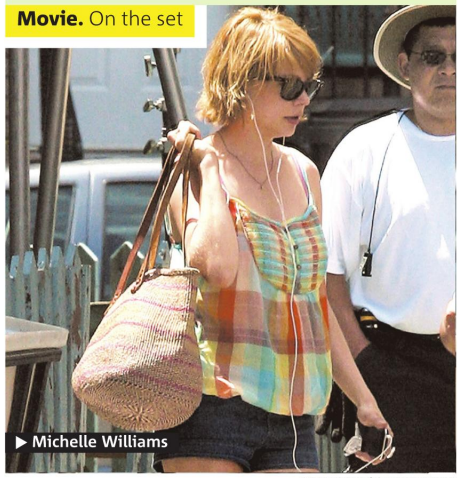
All the suspects have been held in custody pending hearings.

Police say they were arrested in connection with violence during G20 protests June 26. THE CANADIAN PRESS

**Charged**

- Kurt Roarco, 22, of no fixed address, is charged with mischief over $5,000, arson and failing to comply with probation.
- Jeffrey Delaney, 23, of Toronto, is charged with mischief over $5,000 and attempted theft over $5,000.
- Andrew Loughrin, 23, Michael Corbett, 29, Bryan O'Handley, 19, and Robert Kainola, 24, all of Toronto, and a person under 18 are charged with mischief over $5,000.

**Movie.** On the set



▶ Michelle Williams

JOHN R. KENNEDY/FOR METRO TORONTO

## Williams takes a waltz

**Actress Michelle Williams arrives on the set of Take This Waltz near Dundas and Ossington yesterday. In the drama, directed by Toronto's own Sarah Polley, Williams plays a married woman who falls in love with a young man who lives across the street. The movie also stars Seth Rogen and Sarah Silverman.**

COLIN MCCONNELL/TORSTAR NEWS SERVICE

▶ One of the few people to use the centre lane on Jarvis Street yesterday was this cyclist.

# No middle of the road on Jarvis bike lanes

- Pre-marking for curbside bike lanes starts tomorrow
- Intermittent closures on Jarvis until next week

Cars crawled bumper-to-bumper in both directions on Jarvis Street during yesterday morning's commute, but the centre lane stayed empty.

No longer does the middle lane of the five-lane arterial accommodate either north- or southbound traffic on four or two wheels, depending on the time of day. As of next week, new bike lanes will be painted on both sides of the road, at the curb. And the centre lane will disappear.

For now, instead of the changing green arrow or red X that lets drivers know whether they could use the lane, the middle of Jarvis is lined on both sides, one lane wide by a thick yellow line, which seemed to confuse everybody.

**"If you put in a bike lane, they're just going to ride on the sidewalk anyway. What a ridiculous waste of money."**
**ROBERT, LOCAL RESIDENT**

Motor vehicles mostly stayed out of the centre lane, though some used it to make left turns. One lone cyclist swooped south, but otherwise, most stuck to the curb.

Once told why the middle lane was out of service, drivers were divided on whether it was a good idea.

"Dumb, dumb, dumb, dumb, dumb, dumb, dumb," said a woman in a champagne-coloured Maxima.

"Give us back our middle lane!" called out a man with a moustache in a silver VW as he zoomed south.

But another silver VW driver stopped at Shuter Street to express her support of cyclists. "I love it. I love the bike lane," said the middle-aged woman.

One lone cyclist in a red helmet zoomed south on Jarvis down the middle of the street, but though the lane is currently empty, it's not meant for bikes.

**TORSTAR NEWS SERVICE**

## Caribana shut out of funding

Caribana organizers say the festival is about $100,000 behind in funding this year due to shortfalls in expected government funding.

Caribana chair Joe Halstead told the Toronto Star he was hoping for $300,000 from Celebrate Ontario, run through the province's ministry of tourism and culture.

This year, the program gave $11 million to festivals in Ontario, including $300,000 each to North by Northeast (NXNE), Pride, Hot Docs, Luminato, Nuit Blanche and the Toronto Jazz Festival.

But Caribana did not qualify this year, despite receiving $300,000 in 2008.

The ministry of tourism and culture said in a statement that Celebrate Ontario is a "highly competitive program."

**TORSTAR NEWS SERVICE**

## Victim of weekend crash ID'd

Police have identified the victim of a fatal crash on Highway 410 in Brampton.

Police say Grazyna Porawska of Mississauga was driving southbound on Highway 410 in a silver Mazda Saturday afternoon, when a blue Acura-type vehicle merged onto the highway and struck her car.

The Mazda was pushed across the centre median and collided with a northbound tractor trailer.

Porawska, 51, was airlifted to St. Michael's Hospital, where she died later that night.

A 53-year-old female passenger in the Mazda remains in critical condition at Sunnybrook Hospital.

Police are looking for the driver of the blue car, who they say did not remain at the scene of the accident.

**THE CANADIAN PRESS**

## Flipped car was driven by boy, 15

An underage boy was behind the wheel during a car rollover in Toronto that's left one of his four teenage passengers on life support, police said yesterday.

The 15-year-old boy was trying to make a right turn when the car flipped around 1 a.m. Sunday near Markham Road and Lawrence Avenue East.

A 16-year-old passenger in the back seat was not wearing a seatbelt and was thrown from the car. The boy is on life support and is not expected to survive.

The driver is out of hospital, but three other 15-year-old boys remain under observation with non-life-threatening injuries.

Investigators expect to lay charges against the driver, said Staff Sgt. Brian Bowman.

**THE CANADIAN PRESS**

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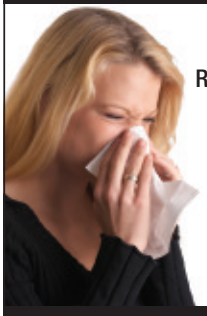

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## News in brief

### Ahmadinejad: Iran's enemies are 'idiots'

**TEHRAN.** Iranian President Mahmoud Ahmadinejad says Iran's enemies are "idiots" and that UN sanctions will not make his country abandon its nuclear program. Addressing industrialists in northern Iran yesterday, the Iranian leader said the sanctions will only help Iran, forcing it toward achieving greater economic self-sufficiency. The president's speech was broadcast live on state television.
THE ASSOCIATED PRESS

### Stampede boss defends event

**CALGARY.** The president of the Calgary Stampede has acknowledged there were challenges at this year's event, including six animal deaths and a midway accident that injured teenagers, but he says they weren't "catastrophic in any way." David Chalack said Calgarians can still be proud of the way the Stampede was run.
THE CANADIAN PRESS

### U.S. sending in aircraft carrier

**SOUTH KOREA.** The U.S. is sending the massive aircraft carrier USS George Washington to South Korean waters this week. The deployment is considered a show of force in the wake of the sinking of a South Korean warship last March that killed 46 sailors. South Korea and an international team of investigators has blamed North Korea on the attack.
THE ASSOCIATED PRESS

# Soldier not guilty of Afghan killing

## Convicted of disgraceful conduct ◐ Thought to be first case of Canadian soldier charged in battlefield killing

An unprecedented court martial has found Canadian Forces Capt. Robert Semrau not guilty of murder in a battlefield shooting in Afghanistan.

He was also acquitted of attempted murder and negligent performance of duty, but convicted on a military charge of disgraceful conduct. Bill Semrau, Robert's brother, thanked the lawyers and others who showed support. But he said the family took little solace in the decision.

Lt.-Col. Mario Leveille, one of the prosecutors, said he couldn't explain the panel's finding that Semrau was not guilty of murder or attempted murder but was guilty of disgraceful conduct for shooting the insurgent.

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Capt. Robert Semrau arrives with his wife, Amelie, to hear the verdict in his court martial yesterday in Gatineau, Que.

"We proved the fact that he shot and wounded an unarmed man, that's what we proved beyond a reasonable doubt," he said. "Why they reached the verdict they reached, I cannot say."

Semrau's lawyers will be back in court today to present a Charter of Rights argument over military sentencing procedures. Conviction for disgraceful conduct carries a maximum prison term of five years.

The five-member court panel, the equivalent of a military jury, spent two and a half days considering the case against the 36-year-old officer.
THE CANADIAN PRESS

### The incident

**The saga began Oct. 19, 2008, on a dusty battlefield in the Taliban-infested Helmand province.**

- Following an intense fire fight that pitted Canadian and Afghan forces against the Taliban, an insurgent lay on the verge of death. He had been strafed by a U.S. helicopter gunship and witnesses have described devastating injuries, including a severed leg and a gaping hole in his abdomen.
- The trial was told Semrau fired two rounds from his rifle into the dying man and that he had told fellow officers after the shooting that he simply wanted to put a wounded and dying enemy fighter out of his misery. The body was never recovered.

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BIKAS DAS/THE ASSOCIATED PRESS

▶ A man pastes photographs of dead and injured passengers at a hospital in West Bengal yesterday.

# 61 killed in train crash near Calcutta

**Second serious crash in two months ◐ Minister suggests sabotage ◐ Rescuers take hours to arrive**

The 22-year-old was asleep on the overnight train, headed to his distant job at a call centre, when an enormous jolt awakened him and his coach flipped. He lay with his leg broken for five hours, crushed under the dead bodies of other passengers.

The powerful crash between two express trains at a station in eastern India early yesterday morning killed 61 people and injured at least 125 more. The force of the crash was so intense the roof of one car was thrust onto an overpass above the tracks.

Accidents are relatively common on India's sprawling rail network, which is one of the world's largest but lacks modern signalling and communication systems.

It was the second major train crash in West Bengal state in two months. On May 28, a passenger train derailed and was hit by a cargo train, killing 145 people. Authorities blamed sabotage by Maoist rebels for that crash.

Railway Minister Mamata Banerjee rushed to the site of yesterday's crash and raised the possibility it was another case of sabotage. But there was no immediate indication that rebels were to blame, and railway officials said the cause of the crash was unclear. Rescue teams arrived about three hours after the accident, a local resident said, although a police official said rescue workers reached the site within an hour of the crash.

Before that locals scrambled to help survivors.

THE ASSOCIATED PRESS

**Catastrophe**

**The crash happened at about 2 a.m. when the fast-moving Uttarbanga Express slammed into the Vananchal Express as it was leaving the platform at Sainthia station, about 200 kilometres north of Calcutta.**

# 'Extinct' species found in Sri Lankan forest

A nocturnal, forest-dwelling primate with orb-like eyes and short limbs was photographed in central Sri Lanka late last year after being feared extinct, researchers said yesterday.

A Horton Plains slender loris was caught on camera after lengthy surveys of the forest by researchers from the Zoological Society of London, the University of Colombo and the Open University of Sri Lanka.

Team leader Saman Gamage said the mammal had not been sighted for more than 60 years until in 2002 a researcher reported spotting its eyes during a search — inspiring the effort to view it fully and photograph it to prove the primate existed.

"We are thrilled to have captured the first ever photographs and prove its continued existence," said Craig Turner, a conservation biologist with the Zoological Society.

THE ASSOCIATED PRESS

ZOOLOGICAL SOCIETY OF LONDON/THE ASSOCIATED PRESS

▶ Horton Plains slender loris

**Habitat loss**

**The primate's population began dwindling after British colonial rulers from the 19th century cleared large tracts of forest for coffee and tea plantations.**

- **Distinctive.** The animal has eerily large, night-vision eyes. Scientists combed the forest with red-filtered flashlights — eventually catching sight of the loris.
- **Captured.** Scientists were able to briefly capture the primate, taking measurements and genetic material before releasing it back into the wild.
- **More.** More of the lorises are thought to live in small patches of forest in Sri Lanka's hill country.

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# Inquiry will look at shootings

A date has been set for a fatality inquiry into the deaths more than five years ago of four Alberta Mounties and the man who shot them.

The public inquiry into what happened on James Roszko's property near Mayerthorpe, Alta., in 2005 begins Jan. 10 in provincial court in Stony Plain, Alta. The officers were gunned down by Roszko as they were guarding a hut with a marijuana grow-operation.

THE CANADIAN PRESS

# Missing sailboaters found safe

Two American sailboaters are safe after their vessel became disabled in heavy weather on Lake Erie.

The coast guard said search and rescue received two mayday calls from a sailboat Sunday night off Point Pelee, Ont.

A Hercules plane from CFB Trenton and a helicopter from the United States joined coast guard vessels in the search for the 14-metre sailboat.

The boat was located on radar by a commercial vessel and coast guard vessels had it towed into Leamington. The coast guard said the boat's sails were in tatters and its engine wasn't working. THE CANADIAN PRESS

# Police fire on funeral procession

Police in Srinagar, India, opened fire on thousands of Kashmiris taking part in a funeral procession yesterday, killing one person and wounding at least 14, police and residents said. The shooting triggered violent clashes elsewhere in the restive Indian-ruled region.

Protesters wound through the streets in the town of Baramulla, carrying Faizan Burhoo, a teenager whose body was recovered from a river yesterday.

Locals said he drowned after being chased by police during weekend rallies.

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LOCKERBIE BOMBER

## Release 'utterly wrong': PM

Britain's prime minister criticized the Scottish government's decision to free Lockerbie bomber Abdel Baset al-Megrahi from jail last year, saying yesterday the move had been "completely and utterly wrong."

Prime Minister David Cameron told the BBC he had opposed the decision to return the cancer-stricken prisoner on compassionate grounds.

Today is his first visit as British leader to the United States, where he is expected to face questioning about the case.

As well, four U.S. senators last week asked the State Department to investigate whether oil giant BP pressured lawmakers as part of efforts to seek access to Libyan oil fields.

THE ASSOCIATED PRESS

## RCMP kills husband of councillor

RCMP shot and killed a man from Okotoks, Alta., early Sunday morning after an armed standoff that followed an alleged domestic assault.

The town's deputy mayor identified the man as Corey Lewis, the husband of town Coun. Naydene Lewis.

THE CANADIAN PRESS

## Troops to bulk up U.S. border

U.S. officials say National Guard troops will be heading for the southwestern U.S. border Aug. 1.

The troops will be trained and deployed by September and should be on the border for a year. They will be stationed in Arizona, California, New Mexico and Texas.

THE ASSOCIATED PRESS

# Arrest made, but no sign of missing couple

RCMP/THE CANADIAN PRESS

▶ Lyle and Marie McCann have not been seen in more than two weeks.

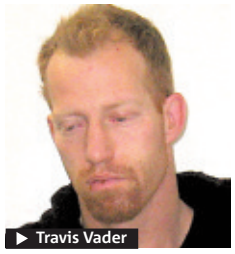
### Couple in their 70s was on their way to a camping trip in B.C.

Police have arrested a violent fugitive they have been looking for as a "person of interest" in the case of an Alberta couple last seen more than two weeks ago.

RCMP said Travis Edward Vader, 38, was surprised by police and taken into custody at a rural home near Niton Junction between Edmonton and Edson, Alta., early yesterday morning.

Lyle and Marie McCann, both in their 70s, were last seen July 3 on a surveillance video as they gassed up their motorhome in their home town of St. Albert, just north of Edmonton. They were on their way to meet family in British Columbia for a camping trip.

Police said Vader, who was in custody at the Edson detachment, was to be interviewed concerning the McCanns. No charges were laid.



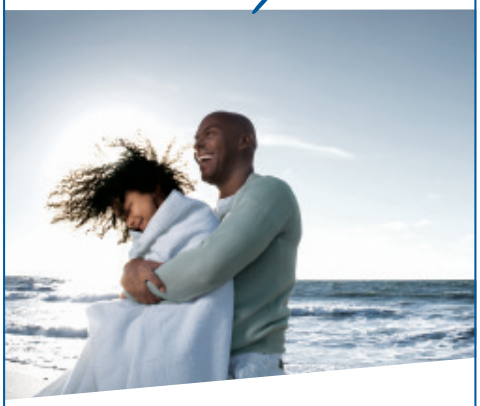
▶ Travis Vader

RCMP also said the location where Vader was arrested would be the focus of their investigation.

Vader's mother said she was relieved her son had been taken into custody. Jennifer Vader said she wanted him to turn himself in.

THE CANADIAN PRESS

It's a beautiful world



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# Gates, Clinton want better use of AIDS funds

- Local organizations are more efficient: Clinton
- Record numbers now taking AIDS drugs

RONALD ZAK/THE ASSOCIATED PRESS

▶ Bill Gates

Two heavy hitters on the world health stage — Bill Clinton and Bill Gates — called yesterday for a more efficient fight worldwide against the AIDS virus.

In separate speeches at an international AIDS conference in Vienna, Austria, the former American president railed against spending too much money on reports that just sit on shelves and urged that funds directly target AIDS sufferers. Gates, the founder of Microsoft Corp., said health groups must adopt better business practices that deliver more bang for the buck.

Clinton said many countries are misspending foreign aid. He said funding should go directly to local organizations because developing countries can deliver health services at a lower cost. "In too many countries, too much money goes to pay for too many people to go to too many meetings," Clinton said. "Every dollar we waste today puts a life at risk."

The number of people taking crucial AIDS drugs climbed by a record 1.2 million last year to 5.2 million overall, the World Health Organization said yesterday.

THE ASSOCIATED PRESS

**Philippines.** Activists

▶ Protesters display placards yesterday behind barbed wire barricades near the Presidential Palace in Manila, Philippines.

BULLIT MARQUEZ/THE ASSOCIATED PRESS

## Killings must stop: Protesters

**Human rights groups in the Philippines claim more than 1,000 activists were killed in the nine years of former president Gloria Macapagal Arroyo, and that two weeks into the presidency of Philippine President Benigno (Noynoy) Aquino III, two activists have already been slain.**

## Vandals break windows

Police are searching for vandals who smashed the windows at a federal government building in Montreal early yesterday.

The building houses a variety of government offices.

The attack caused damage estimated at more than $5,000, but nothing was stolen from the building. THE CANADIAN PRESS

## Charges in Ottawa murder

A 35-year-old man appeared in court yesterday morning in connection with Ottawa's seventh homicide of the year. Police charged Tamrat Gebere with second-degree murder after a woman was fatally stabbed inside an apartment on Riverside Drive Saturday.

THE CANADIAN PRESS

## Face veils banned at schools

Syria has banned the face-covering Islamic veil from the country's universities to prevent what it sees as a threat to its secular identity, as similar moves in Europe spark cries of discrimination against Muslims.

The Education Ministry issued the ban Sunday, according to a government official. THE ASSOCIATED PRESS

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# Lockout stifles Port of Montreal

**Employers say lockout will cost millions per day Union has been without contract since Dec. 31, 2008**

Wine from Europe, imported sofas and some merchandise destined for Wal-Mart are among the numerous imported consumer goods affected by a lockout that began yesterday at the Port of Montreal.

Commercial operations at the Port of Montreal essentially came to a halt after 900 longshoremen were locked out by the employers group over pressure tactics related to contract negotiations.

The issue for the union is job security, as well as keeping guaranteed payments when longshoremen are waiting for work.

THE CANADIAN PRESS

**Dispute**

- **Management** The employers' association said a lockout is necessary because pressure tactics had started to affect the port's operations.
- **Labour** Union spokesman Michel Murray said 169 longshoremen with the least seniority recently had their guaranteed pay cut and union members responded to the change by working less overtime.
- **Government** Federal Labour Minister Lisa Raitt issued a statement saying she was "disappointed" that both sides were unable to reach an agreement.

**Spain.** Jobs

People stand in line yesterday outside a government job centre in Madrid.

ARTURO RODRIGUEZ/THE ASSOCIATED PRESS

## Spaniards still suffering

**In the first quarter of this year Spain limped out of nearly two years of recession with unemployment at more than 20 per cent, the highest in the 16-nation eurozone.**

# Canadian investors target British firm

Private equity firm Onex Corp. and the Canada Pension Plan Investment Board have made a joint bid worth nearly $4.4 billion US to acquire British engineering and manufacturing company Tomkins PLC.

Tomkins said yesterday it had received a tentative takeover offer worth about 2.87 billion pounds ($4.6 billion) from the Canadian investment entities and has agreed to allow the consortium to conduct due diligence.

**"This would be a large one for (Onex), so I'm sure they've really done their homework."**
PAUL HOLDEN, FINANCIAL ANALYST WITH CIBC WORLD MARKETS, ON ONEX'S PLAY FOR TOMKINS PLC

The proposal is one of the biggest deals ever made by Onex, a Toronto-based company with diversified manufacturing operations in North America.

THE CANADIAN PRESS

# Foreigners flock to Canada's markets

The amount of foreign investment in Canadian securities nearly doubled to $23.2 billion in May.

That compares to foreign investment of $12.4 billion in April.

**5.3 Statistics Canada says foreign purchases of Canadian stocks rose to $5.3 billion in May, the largest monthly inflow so far this year.**

Statistics Canada says federal government debt was a big attraction for foreign investors, who bought $11.5 billion of bonds issued by Ottawa in May.

THE CANADIAN PRESS

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# SHACKING UP & SHARING A TOOTHBRUSH

**She says ...**

**JESSICA NAPIER**

**Every downtown dweller knows there's nothing better than living in the city — especially when you have someone to share the rent with.**

So, in the name of true love (and affordability), my boyfriend and I recently took the plunge and agreed to cohabitate. Like many couples who decide to move in together, our decision was equal parts romance and convenience.

So far, living together has been an adventure in decorating (I had no idea men had such strong opinions on floral motifs), and has resulted in a lot of practical cost-splitting opportunities. But it's also brought to light all those irritating habits we've managed to keep hidden from one other until now.

I realized our new living arrangement would require an adjustment period, so I'm coming to terms with the boxers on the floor and the wet towels thrown on the bed. But suddenly it seems like my stuff has become our stuff and my territorial instincts are starting to kick in.

**"I'm prepared to share almost all of our household items — even the TV remote on occasion — but when it comes to bodily functions, I have a strict closed-door policy. There's a fine line between intimate and icky."**

Sure, everyone loves sharing the cable bill, but what about those more personal items?

Any guy out there with a long-term girlfriend knows our fancy overpriced shampoo smells better than yours. So I wasn't surprised when my boyfriend started helping himself. But what about towels, nail clippers, shaving cream ... I've even caught him taking a turn with my toothbrush!

Is nothing sacred?

Maybe our newfound bathroom co-dependence is just a case of comfortable familiarity, a natural progression of any long-term commitment. On the other hand, what if this intimate behaviour is killing the romance, one unhygienic toothbrushing session at a time? I might be willing to concede on some of the toiletries, but I refuse to become a couple that uses the bathroom together.

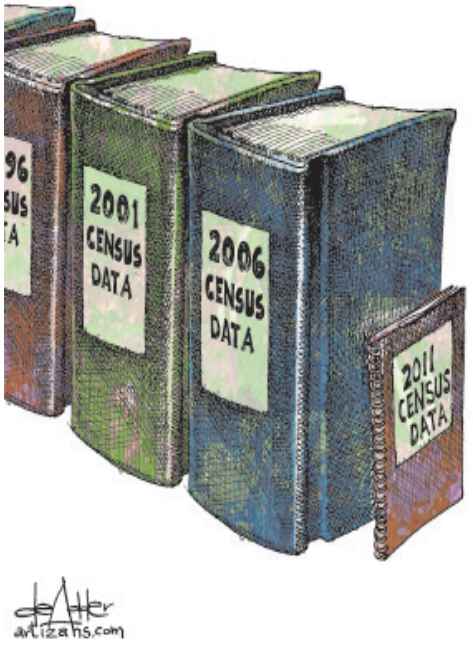
I know there are people who happily perform their nightly flossing routine while their partner is perched on the toilet beside them. I also know I will never be one of those people. I'm prepared to share almost all of our household items — even the TV remote on occasion — but when it comes to bodily functions, I have a strict closed-door policy. There's a fine line between intimate and icky.

After all, every couple needs boundaries, even when you're sharing a 500-square-foot apartment.

**Cartoon**

MICHAEL DE ADDER

# Are we being 'Conned?'

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**Letters & Tweets**

**TORONTO.** Bit by bit, the Harper "Cons" continue to "con" the Canadian public by slyly dismantling, or reducing to minimal, the core practices of our essential, traditional statutes. The long form of the Statistics Canada census is just another casualty in the increasingly lengthy list.

Today, where we can Google the exact location where you and I live, and where there is virtually nothing the government or its agents cannot find out about us, does it make any sense for Industry Minister Tony Clement to feign intrusiveness of the long-form census? What a paradox.

Moreover, the data StatsCan collects and analyzes on the long form are used collectively and anonymously to compile statistical trends on all aspects of the Canadian population.

Lastly, the annual income tax form is much more intrusive (one of the sacred secrets of Canadians is how much money we earn) than the long-form census. If the Harper "Cons" can get away with this one, will complainants soon lobby them to get rid of the income tax forms? And what excuse will the "Cons" have for maintaining the intrusiveness of the tax forms?

**GLENN HAREWOOD**

**More is less**

ADRIAN WYLD/THE CANADIAN PRESS

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# Metro Minute at R.C. Harris plant

Lake Ontario isn't the only water source around The Beach.

The R.C. Harris Water Treatment Plant is a cool art deco building that has an interesting local history. Built in the 1930s, it was named after the commissioner of Toronto's public works. Its exterior is fashioned in a cathedral-like style, with an equally elaborate marble interior. But it's more than just a pretty façade: The plant provides our fair city with up to 45 per cent of its water supply.

See if you can recognize the plant in its side career as a film set for a number of local productions. The plant is located at the foot of Victoria Park Avenue.

**JORDANA DIVON**

TARA WALTON/TORSTAR NEWS SERVICE FILE

▶ The R.C. Harris Water Treatment Plant.

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# Singer gussied up for debut on Glee

**Filipino teen gets skin-tightening procedure, Botox Career took off after appearing on Ellen and Oprah**

Filipino teenage singer Charice Pempengco says she prepared for her debut on the hit TV show Glee by getting Botox and an anti-aging procedure "to look fresh on camera."

The 18-year-old Charice, whose singing career rocketed after appearing on Ellen DeGeneres' and Oprah Winfrey's talk shows, underwent a 30-minute Thermage skin-tightening procedure and Botox to make her "naturally round face" more narrow, celebrity cosmetic surgeon Vicki Belo told ABS-CBN television.

Charice, in the same interview, said last week's face makeover was part of her big preparations for her appearance on the hit show's second season. She starts filming at the end of this month.

"All people will be anticipating how will Charice look? Is she good enough to pit against Rachel Berry? So of course there is tremendous pressure," Charice said. Berry is portrayed by Lea Michele, who is 23.

Charice auditioned for Glee in mid-June in Los Angeles and was thankful to have been accepted.

"It's really a blessing," she said, adding she was "very proud to be an Asian, very proud to be Filipino."

On the streets of Manila yesterday, some residents who follow Charice had mixed feelings about what she did with her face.

"I think it's OK for women to have procedures done, but Charice is too young. Does she need it?" said Patricia Carpio, a 21-year-old student.

**"It may be of some benefit for the camera, but I would be reticent to consider Botox for a normal 18-year-old"**
**DR. MALCOLM ROTH**

For Myrna Lumanao, a 23-year-old seller in a doughnut stall, looking natural is better. "I guess she can afford to have those procedures done because she has the money, but I wish she did not change her looks."

Dr. Malcolm Roth, president of New York's Society of Plastic Surgeons and director of plastic surgery at Maimonides Medical Center in New York said he wasn't sure how someone so young could benefit from Botox.

"You would think that the makeup people could take care of (any wrinkles she might have) or that they could take care of it in post-production," he said.

But Roth said there might be some benefits for on-camera teens in Hollywood. "Some people do have hyper-active muscles and muscles are what create the wrinkles in certain types of expressions."

**THE ASSOCIATED PRESS**

**big break**

- **Charmaine Clarice Relucio Pempengco** appeared on TV talent shows in the Philippines and South Korea before she got a big break on The Ellen DeGeneres Show at age 15

LARRY BUSACCA/GETTY IMAGES

▶ Filipino teen singer Charice, shown in this photo taken earlier in the year, wanted to "look fresh" for her appearance on Glee.

2 scene

**News in brief**

Brazilian soccer star Ronaldinho took to the stage with 50 Cent in a concert in Rio de Janeiro. Ronaldinho was one of the many Brazilian celebrities attending the rapper's show late Saturday and was invited to the stage, prompting a loud ovation from the fans.

**THE ASSOCIATED PRESS**

Husband says Zsa Zsa Gabor has successful surgery to replace broken hip

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# The ladies rock out

**The Runaways**
**Genre:** Drama
**Director:** Floria Sigismondi
**Stars:** Kristen Stewart

This hotwired saga of the prototypical 1970s riot grrrls makes a compelling argument about overlooked talent and under-appreciated influence (Bangles, Bikini Kill, etc.). The movie also, ahem, rocks.

Written and directed by Toronto's Floria Sigismondi, it reveals how three chords and an attitude not only made serious jam-kickers out of Runaways frontwomen Cherie Currie and Joan Jett, it also worked wonders on Dakota Fanning and Kristen Stewart, who play them in the movie.

It's a shock to see sweet li'l Dakota rocking the mic as the face-painted and corset-clad lead vocalist Currie, and also following her well-documented (if also clichéd) descent into sex, drugs and rock-induced despair.

Stewart applies her vampiric moodiness to rhythm guitarist Jett's tough-girl persona.

Sigismondi bases her screenplay on Currie's tell-all tome Neon Angel: The Cherie Currie Story, which inevitably, and regrettably, leads The Runaways into family melodrama about Currie's drunken dad and jealous twin sister.

Before that, though, it's a highly entertaining lesson in Rock Godhood 101. To this we can say rock on and ch-ch-ch-check it out.

Extras include a commentary with Joan Jett, Kristen Stewart and Dakota Fanning, plus a making-of featurette.

PETER HOWELL

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**The Losers**
**Genre:** Action
**Director:** Sylvain White
**Stars:** Jeffrey Dean Morgan, Zoe Saldana

Whatever it is that France-born director Sylvain White (Stomp the Yard) and his conscripts are engaged in with this rip-off of The A-Team, it's not coherent storytelling. This is a movie for people who would really rather be playing a video game — one with lots of bullets. Or reading a comic book, which is in fact the source of this eruption.

It's the oh-so-familiar story of Special Forces soldiers who get set up, get mad and then decide to get even. Jeffrey Dean Morgan is Clay, still in

wise-cracking and skull-splitting Comedian mode from Watchmen, who commands a crack team of buff bastards named Roque (Idris Elba), Jensen (Chris Evans), Pooch (Columbus Short) and Cougar (Oscar Jaenada).

Watching this plot-deprived film is like playing with plastic action figures.

PETER HOWELL

**Cop Out**
**Genre:** Comedy
**Director:** Kevin Smith
**Stars:** Bruce Willis, Tracy Morgan

Given a choice between watching Cop Out again or driving iron spikes into my eyeballs, I would probably choose Cop Out — but I'd have to seriously think about it.

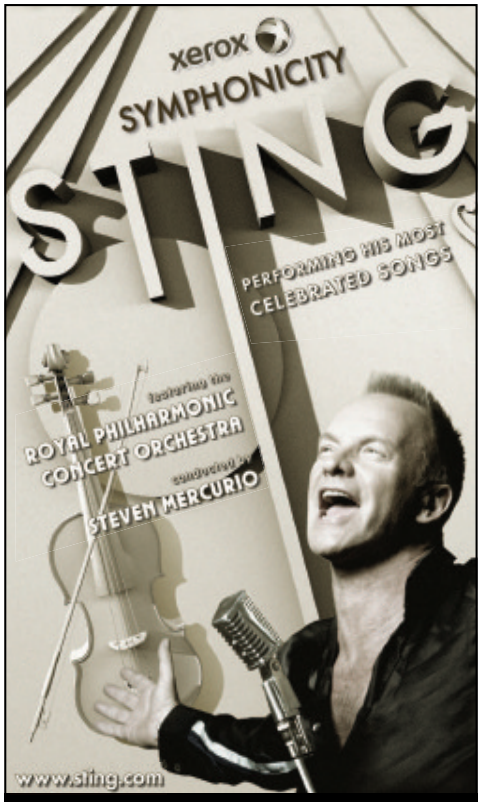
This pitiful excuse for entertainment is utterly bereft of wit, intelligence or craft on any level. The only thing left to screw up would have been to leave the lens cap on the camera. Wait, that would have been an improvement.

Cop Out isn't so much a movie as it is a cinematic suicide note for Kevin Smith's directing career. How, exactly, do you botch something that's supposed

to be a light-hearted take on 1980s buddy-cop adventures, along the lines of 48 Hours and Lethal Weapon?

It teams Bruce Willis with Tracy Morgan as NYPD partners on a tear, which is like pairing King Kong with Bubbles the chimp. A frozen car battery has more chemistry than these two, and their motivations for working together couldn't be more opposite.

PETER HOWELL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## TV watch list

### Liars' Emily gets spotlight

**TV** Canadian Shay Mitchell's Pretty Little Liars character, Emily, is the big focus of tonight's episode after she went missing during the homecoming dance last week. As her friends try to track her down, police go to her home and question her mother.

THE CANADIAN PRESS

▶ Pretty Little Liars
MuchMusic

### KISS reunites on A&E

**TV** A new episode of Gene Simmons Family Jewels is followed by the one-hour special KISSteria, in which the makeup-clad rockers tour Australia to celebrate the 35th anniversary of their Alive! album. The group arranged the tour at the last minute so a few problems arise, including dangerously faulty pyrotechnics.

THE CANADIAN PRESS

▶ Gene Simmons Family Jewels
A&E

### TV tries to help out education

**EDUCATION** NBC News is convening its own summit with education and political leaders in September to talk about ways to improve schools in light of statistics showing the U.S. lagging in student achievement. The two-day Education Nation event in New York will be carried online, and is part of a week of programming concentrating on education issues on NBC News broadcasts such as Today and Nightly News, and the MSNBC, CNBC and Telemundo TV networks. It's also a chance for NBC to promote some of its education-related products, including a news quiz and historical archives of NBC broadcasts available to schools.

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# Old friends beat on The Drums

**Band makes shortlist for BBC's The Sounds of 2010 After starting out as an electro outfit, group goes back to basics and embraces guitar sounds**

PHOTO HANDOUT

The Drums like to mix up their sound.

**BRUNO MARTINS**
METRO WORLD NEWS

Guitarist Jacob Graham and singer Jonathan Pierce met at a U.S. summer camp and made a pact to start a band.

Today The Drums have made No 5 in the BBC's shortlist of The Sounds of 2010.

Jacob Spoke to Metro Portugal's Bruno Martins.

**You were initially an electro outfit — why did you go back to basics?**

Jonathan and I have been listening to electronic music since we were kids. I think we started to collect old synthesizers when we were 12 years old so we felt kind of exhausted with the idea a little bit.

A lot of our favourite bands, like New Order, did a similar thing and grabbed guitars without really knowing how to play them and it keeps it fresh that way.

**Was it easy to learn to play guitar?**

Well, when we started the band we didn't know a thing! We were living in a tiny apartment in Florida, with my little brother and we just grabbed and recorded.

There are no chords on our songs, it's just one note at the time. I had to learn to play guitar in the public eye, which was very stressful at first.

**Do the guitars change the feeling on the lyrics?**

I don't know. We've always been drawn to simple pop songs and they always end up being about the same thing, you know, heartbreak and pathetic things like that.

When we started the band there were a couple of things that affected the lyrics —Jonathan moved from New York to Florida to record and I think that's one of thing that made our first EP kind of summery.

**Your songs are bittersweet — is that you?**

Yes, we've always been attracted to that.

We're all kind of miserable people who are never content, so we could never enjoy pure happy music, but at the same time we don't want to hear some guy with an acoustic guitar singing sad songs with sad lyrics. It's too much. We mix it up.

**The Audio Files**

**BRYAN BORZYKOWSKI**
SCENE@METRONEWS.CA

## REUNIONS DONE THE RIGHT WAY

Summers are all about reunions — high school reunions, old friends gathering at the cottage, and, best of all, there's always a crop of bands that get back together.

Last week, Robbie Williams announced that he was rejoining Take That the popular British rock band he left in 1995, Soundgarden is joining forces for their first official show since 1997 at Lollapalooza, and Randy Bachman and Fred Turner, the men responsible for Bachman-Turner Overdrive's biggest hits, have a new album out in August — their first in decades.

The news of a reunion often induces a serious case of eye rolling (New Kids on the Block), but there's no denying that a tour rakes in the cash.

Three years ago the Police — who broke up in 1984 — hit the road and had the highest grossing tour of 2007, generating $131 million in 54 gigs. A year later the Spice Girls took in $70 million during their tour. And I bet the Stone Temple Pilots are making more money together than they did apart.

At one time people felt uncomfortable about their favourite band reforming simply for the money, but now no one cares, so long as they get to hear Spoonman one more time, it makes no difference why they're playing together.

But bands have to do the reunion thing right if they don't want to tar their legacy. Here's a good rule: Tours are good, new albums are not.

Some post-reunion discs do sell well — The New Kids' 2008 disc peaked at No. 2 on the Billboard 200 — but it's rare that they're any good. (The NKOTB album is terrible; Kiss' discs haven't been as strong as their '70s albums, Bachman Cummings put out an OK covers album two years ago and the list goes on.)

It's simple — people listen to music in a certain time and place. They go see shows for nostalgic reason, but they don't want to relive their youth as they commute to work. So, to all the bands rejoining this summer and in the months ahead — stick to the hits, make a ton of cash and leave it at that.

*Tell us what you think of reunions at metronews.ca/scene*

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# Lohan headed to 'special' prison

**Actress will serve jail term in isolation for own safety 90-day sentence could be cut to two weeks**

Inside a nondescript two-story building next to a busy freeway in an industrial neighbourhood far removed from Hollywood is where Lindsay Lohan will likely spend several weeks as part of her punishment for violating her DUI probation.

Lohan is slated to begin her sentence Tuesday at the bleak, 16-year-old Century Regional Detention Facility in Lynwood, Calif., just south of downtown Los Angeles. The actress would be housed in the 2,200-bed facility's special needs unit, where she would live in isolation for her own safety.

Thanks to jail overcrowding and a state program that credits inmates for good behaviour, nonviolent female misdemeanour offenders such as Lohan typically serve only about 25 per cent of their sentences, according to Los Angeles County Sheriff's Department spokesman Steve Whitmore.

That means Lohan's 90-day sentence could be reduced to about three weeks and she could be out of jail in time for the premiere of Machete, the action-thriller opening Sept. 3 that stars Lohan as a nun.

The 24-year-old Mean Girls star will most certainly have to trade her sparkly Pamella Roland jumpsuit for a jail-issued orange one. Lohan will also be asked to arrive empty-handed and must surrender any jewelry.

Besides the jumpsuit, Lohan will also be given a set of simple toiletries that all inmates receive: toothbrush, toothpaste, soap, comb, deodorant, shampoo and shaving implements.

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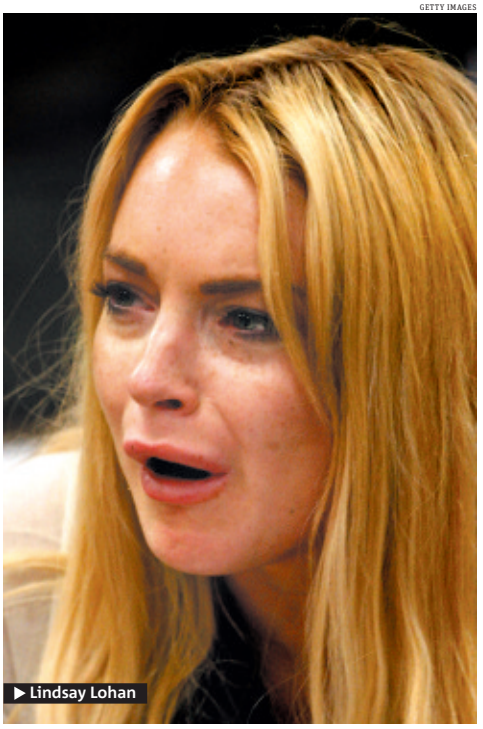

▶ Lindsay Lohan

GETTY IMAGES

▶ Mel Gibson

# Gibson not escaping probe, gets busy with shooting film

Despite being locked in a raging custody battle with ex-girlfriend Oksana Grigorieva and being the subject of a domestic violence investigation, Mel Gibson has no plans to flee the country, his rep tells Us Weekly.

Rumours circulated recently that the beleaguered star would escape to his native Australia, but his rep insists "there's no truth" to them. Instead, he's reportedly been back at work in New York filming Jodie Foster's new film, The Beaver.

Meanwhile, despite doubts from several sources, Grigorevia's rep insists the photo showing the Russian singer with chipped teeth that were leaked over the weekend is "true and accurate."

METRO WORLD NEWS

## Talking points

### Willis takes on rug dealer

**LEGAL BATTLE** Bruce Willis has found himself in a tense legal battle with a Los Angeles rug dealer who claims the actor spilled red wine on a $27,700 rug while he was "road testing" it at his apartment, according to TMZ. But Willis insists he kept the rug clean for the two months it was in his house and that he didn't spill wine on it. He also says he offered to clean the rug, but the dealer refused.

METRO WORLD NEWS

### Skiing naked for La Roja?

**WHAT A PROMISE** Enrique Iglesias may run into trouble with the law if he makes good on his promise to water-ski down the Miami coast naked if Spain won the World Cup. Miami-Dade County police tell TMZ they don't want to see anyone breaking the law, not even Iglesias. "We enforce all laws here, regardless of what your status is in the Miami community," a spokesman tells the website.

METRO WORLD NEWS

## Celebrity tweets

**Jessica Alba [@jessicaalba]** Just brushed a hornets nest off my sweats... Yuck

**Michael Lohan [@michaelllohan]** If THEY had only listened to me.... none of this would have happened. That means "YOU" D!!!!!

**Conan O'Brien [@conanobrien]** I found a huge design flaw in my new iPhone. People get angry when I talk on it during a funeral.

**Lindsay Lohan [@lindsaylohan]** I don't want my ex-father anywhere near me no matter where I am. He is crazy and scares me.

### Kids on the way for Javier, Cruz?

**HAPPILY MARRIED** Now that Javier Bardem and Penelope Cruz are happily married, children shouldn't be too far off, at least according to Bardem's sister, Monica.

"They have shown the world they are in love," she tells on Hola! "And it would be only normal and natural to have children."

There have even been reports that the newlyweds are currently expecting, but Cruz's rep has denied the actress is pregnant.

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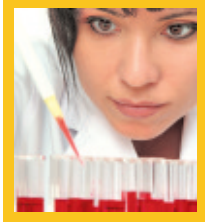

Uncomfortable skin tests for allergies are no longer the only option. Now, just a small sample of your blood will generally give laboratories all they need to pinpoint the cause of the irritant, as well as the ability to distinguish a true allergic reaction from other non-allergic symptoms.

NEWS CANADA

Scientists hope to ease malaria's sting with engineered mosquitoes

# Fighting summer skin care problems

**The healthiest faces are out of the sun Toners can be very important in the heat Self-tanners are an easy-to-apply alternatives**

CELIA MILNE
WELLNESS@METRONEWS.CA

Whether you're hiking up mountains in British Columbia or pounding the pavement in Halifax, summer is a tough time for your face. Protecting it from the sun is the number one thing you can do to keep it young and healthy.

"The summer can take a toll on maintaining a fabulous complexion," says Toronto beauty expert Cheryl Gushue.

"In this heat, it's best to stick with a lightweight coverage base like a tinted moisturizer with an SPF to keep those harmful rays from damaging your skin."

The Canadian Dermatology Association recommends an SPF of at least 30 for all these products — lipstick, lip balm, moisturizer and foundation. Other advice: Wear a wide-brimmed hat, seek shade and avoid the sun at midday.

Your face may also be sweaty and blotchy in the summer. Says Gushue: "Try a matte powder bronzer with a big brush to finish and even out your skin tone. To prevent from overpowdering, you may want to try blotting papers."

## Inside out

**Beautiful skin isn't all about products. It also comes from the inside out. Cheryl Gushue uses what she calls the Beauty Trifecta for skin care:**

1. Exercise: Daily exercise for at least 20 minutes releases endorphins and detoxifies our skin.
2. Hydrate: Proper hydration is a necessity. Drink 2 litres of water a day.
3. We'd like to add one more: Don't smoke. According to the Mayo Clinic, not smoking and protecting your skin from the mid-day sun are two of the best things you can do for your skin.

▶ Products with at least an SPF of 30 are recommended to help protect your skin from the sun.

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FLICKR CC ROMANA KLEE

**The Problem: Late nights**
Who wants to go to bed when the sun's still shining past 8 p.m.? Late nights lead to lack of sleep and deep, dark circles forming under the eyes.
**Quick fix:**
Henricksen advises grating cucumbers, placing them in a piece of gauze and roll them into a sushi roll. Place this on the eyes and press firmly to release the vitamins and enzymes in cucumber for 10 minutes.

**Metro speaks to celebrity skin experts Kate Somerville, Ole Henricksen and Christina Agnew on how not to let the summer damage your skin.**

GETTY IMAGES

# Summer sins ...

FLICKR CC STUARTWEBSTER

**The Problem: Too much fun**
Alcohol impairs circulation and weakens the skin's capillary walls, explains Somerville. It destroys Vitamin C, responsible for keeping our capillaries strong and when ingested in excess it breaks down the collagen in the skin, causing premature wrinkles, says Agnew.
**Quick fix:**
Combine steam and cold treatments on your skin. Jumping in a hot shower and followed by a burst of cold water works.

FLICKR CC BLUEWAIKIKI

**The Problem: Sunshine**
After months of winter blues we all lose our senses when the sun comes out, resulting in unpleasant and painful sunburns when all you wanted was healthy tan.
**Quick fix:**
Apply sun block every 30 minutes and keep re-applying every two to three hours, advises Somerville. Henricksen's trick is to wear a big hat when going out to shade your face from the sun's rays.

GETTY IMAGES

**The Problem: Clogged pores**
All the sweating in the heat, and makeup ...
**Quick fix:**
If you know you will be sweating then remove your make up, says Somerville. Sweating will open up your pores so that whatever is on your skin, including bacteria, will get in. Being in the sun kills skin cells. As these accumulate on the outer layers of the skin they can clog your pores, so exfoliate twice weekly.

FLICKR CC NICO NELSON

**The Problem: Blemishes**
It's a myth that exposing your face to the sun will banish spots and blemishes: It actually does the opposite as it irritates the skin. Alcohol also causes acne and blemishes to appear.
**Quick fix:**
Blemishes are caused by sugary and sweet drinks so stick to vodka on the rocks with lemon juice or water says Henricksen. Taking a cool bath and not rubbing the skin will help bring rashes down and soothe the skin, explains Somerville.

FLICKR CC PINKSHERBERTPHOTOGRAPHY

**The Problem: Dehydration**
Forgetting to drink plenty of water is a mistake everyone makes. Add the intake of fluid from alcohol when attending summer parties and you are sure to watch your skin shrivel away.
**Quick fix:**
Alcohol is a diuretic and speeds the loss of water from the body causing dehydration. The brain being about 80 per cent, this means you will suffer from a headache, in other words a hangover, says Agnew.

GETTY IMAGES

**The Problem: Lack of routine**
Most of us can't be bothered to wash our face going to bed, falling asleep without having removed the pollution that's clung to our skin.
**Quick fix:**
Having a good complexion is to live a balanced life that encompasses diet, rest and relaxation. Washing your face twice a day and making sure you remove make up at night should be engrained into your beauty regime, says Somerville.

## What to post party

**Go home and ...**
Drink up to three glasses of water or green tea to re-hydrate the body and flush out toxins.

**Wake up and ...**
Fill the sink with cool water and ice cubes. Drench in a terry cloth and then place the cloth over your face and cover for 1 minute, says Henricksen. Alcohol robs the skin of its vitality as well as making you feel lethargic and groggy explains Agnew. Snack on vitamin C filled oranges, almonds and cashew nuts. The Vitamin C will speed up the metabolism of alcohol in the liver and the nuts will regulate blood sugar levels.

ROMINA MCGUINNESS

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## Top 4 foods to feed that summer glow

**1** **Brazil nuts:** A source of selenium, they protect the cells from free radical damage and help prevent dry skin.

**2** **Acai Berries:** Known as "youth berries" they contain one of the highest levels of anti oxidants found in fruit

**3** **Pumpkin seeds:** Provide the skin with zinc. A lack of zinc can lead to stretch marks and stubborn blemishes.

**4** **Watercress:** A natural antibiotic, watercress is full of Vitamin C and A. It works wonders on healing the skin and reducing blemishes.

CHRISTINA AGNEW, NUTRITIONIST FOR DETOX COMPANY RAW FAIRIES

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### Low-calorie food not only great for your insides but your outsides as well ◗ Juice works great on your skin

Believe it or not, watermelon does a lot more than simply taste good on a sunny day. We know watermelon is a low-calorie and satisfying sweet snack, but when added to your daily beauty routine it can also give your skin an enviable healthy glow.

"Regular use of watermelon in skin care hydrates, tightens and makes the skin luminous," says Mareena Ostrovsky, head esthetician at Ici Paris Skin Clinic and Spa in Toronto.

Eating watermelon helps to fight free radical damage and aging through the abundant quantities of vitamins A, B and C and antioxidants. Research from Newcastle University in England reported that eating lycopene, the antioxidant found in watermelon, helps protect the skin from the sun's ultraviolet rays, which lead to sunburns and sun-induced skin aging.

**"Regular use of watermelon in skin care hydrates, tightens and makes the skin luminous."**
MAREENA OSTROVSKY

▶ Watermelon is a healthy treat that can help your skin.

The fresh juice of a watermelon alone can be applied as a natural polishing mask. Create a spa atmosphere by undertaking this easy two-step process while reclining in a warm bath; simply massage a cube of watermelon over your face, then rinse after five minutes. Complete this treatment with your favourite moisturizing cream and your skin will not only glow, but feel warm and healthy all day.

To get the most out of watermelon, remember to sink your teeth into its delicious pink flesh as often as possible. A one cup (250 mL) serving of chopped watermelon is only 51 calories and being mostly water is a great hydrator.

Watermelon is packed with nutrients including the antioxidant lycopene, vitamin C, thiamin and vitamin B6, vitamin A, panothenic acid, magnesium and potassium. Eating watermelon and drinking watermelon juice will not only make you feel good and refreshed, it acts as a natural detoxification treatment that flushes toxins from the body.

NEWS CANADA

### Watermelon sunbun care

**We all know to use sunscreen, but when overexposure to the sun leaves skin red, swollen and painful, watermelon can come to the rescue. Naturally moisturizing watermelon is combined with soothing cucumber to provide much needed relief for sensitive sunburned skin.**

**Ingredients:**
1 cup (250mL) cubed watermelon flesh
1 cup (250mL) slices cucumber

**Preparation:**
In a food processor or blender, mix ingredients together until combined.

**Application:**
1. Spoon ¼ of mixture into a cheese cloth or tea towel.
2. Fold cloth or towel over mixture, squeeze gently to allow moisture to soak through.
3. Place the moist cloth on affected areas for 20 minutes.
4. Rinse off with cool water.

NEWS CANADA

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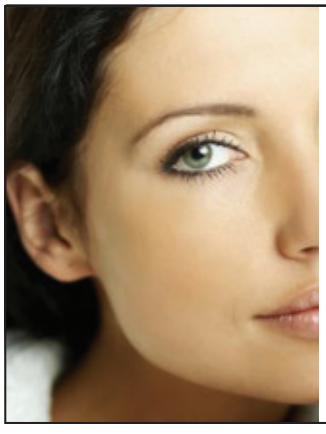
## Watermelon face and body polishing scrub

**Ingredients :**
• 1 cup (250mL) cubed watermelon flesh
• 2 tbsp (30mL) Greek yogurt (strained)
• 1 tbsp (15mL) raw honey
• 1 tbsp (15mL) coconut oil
• 1 tsp (5mL) thyme leaves
• 3 tbsp (45mL) cream of rice cereal
1 cup (250mL) fine cornmeal

**Preparation:**
1 In a bowl, mix together all the ingredients, to create a smooth paste.
2 Let stand for 20 minutes to thicken. Unused portion may be kept in a sealed container in the refrigerator for up to one week.

**Application:**
1 Beginning with the face and neck, massage polishing scrub over entire body.
2 Leave on for 15 minutes. Rinse off with cool water.

NEWS CANADA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# Shake, shake your way to a better body

**Belly dancing combines a cardiovascular workout with mental relaxation The moves and holding positions help you tone muscles**

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Egyptian women used belly dancing as an internal massage; preparing the female body for childbirth. Today, it's seen as one of the trendiest exotic exercises to hit the gym. Belly dancer Arina Djakova, from the London Dance Academy, tells Metro how to turn the dance into a full body workout, from the shoulder shimmy to the snake arms.

### FULL BODY WORKOUT

"Wach and every muscle is worked on in isolation and the end result is a feminine body, with everything in the right place- not too skinny and with the most wonderful hips and waistline," exclaims belly dancer Djakova,

### LEGS

"As you hold one particular pose on one hip, you are maintaining this because of the extra weight you are applying on the opposite side. This is what allows you to build up strength and resistance," says Djakova.

### STOMACH

This is really the crunch of the exercise; being able to perfect a belly roll; which requires you to roll your belly up and down without engaging any muscle other than your abdominals.

### HIPS

One of the moves the body finds most natural in belly dancing is the figure of eight, which is a complete rotation of the hips. "Every time you do the figure, you are emphasising and enhancing the beauty and natural curb of your waist." explains Djakova.

### ARMS

The 'snake arm' is when you lift the arm up and down from your shoulder and elbow. The effort required to lift the arm in the air without support helps tone this particularly difficult area.

### NECK & SHOULDER

The shoulder shimmy, a backwards and forwards shaking movement, simultaneously works the shoulders and the hips. It's a cardio vascular exercise requiring deep breathing and that will make you out break into sweat.

### POSTURE

Grace and posture is a key factor to the perfect belly dance. Postures are similar to those used in Yoga and Pilates, whereby keeping in line with your spine will relieve tension form the lower back and you build up strength.

### MIND

"It's a low impact and relaxing exercise," says Djakova. "Moves are fluid, the mind relaxes and this helps improve self image and body confidence as you become more engaged with every single muscle. … You become more in touch with it as a whole."

▶ Belly dancing is a fun and effective way to get and keep your body in a beautiful feminine shape.

On Sunday, October 3, who are you running for?™ Register today, as a team or individually, for the Canadian Breast Cancer Foundation CIBC Run for the Cure. **To walk, run and give generously, visit www.cbcf.org**

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# Don't neglect your sexy neck

With summer's heat officially here, it's time to peel the layers off.

Because we can't really see it and pay more attention to our face, we tend to neglect our neck, keeping it snuggled under thick scarves throughout the winter. The problem with wearing scarves is that it can cause dryness and irritation to the skin on the neck, which is thin and sensitive. With the warmer weather on its way, is you're bound to be revealing more skin so give your neck some TLC by exfoliating with scrubs — not acids.

**How to:**

While looking upward, to keep the skin taut, apply a facial scrub to the front and sides of the neck and massage lightly in circular motions for 60 seconds. Since the skin on the neck is delicate, it's important to use a facial scrub that doesn't contain natural grains such as walnut husks, apricot kernels, seed or shell powders as they can scratch and irritate the skin.

ROMINA MCGUINNESS

▶ Necks can get dry and irritated after a long winter under scarves.

# More vitamin D the better: Study

CELIA MILNE
WELLNESS@METRONEWS.CA

Take your vitamin D daily. We've all heard a lot about the amazing health benefits of vitamin D. There's been a lot of new and exciting research in the last decade, and it took public health experts a while to catch up.

Now, there are new Canadian guidelines on vitamin D intake. The old ones were written more than 10 years ago. Basically, more is better. Young, healthy adults should be getting between 400 and 1,000 I.U. per day.

Since it's tough to get enough vitamin D from the sun, supplements are a good idea, says Dr. David Hanley, professor at the University of Calgary faculty of medicine and lead author of the new guidelines.

**In nature**

- **Natural sources** of vitamin D include fatty fish species, such as catfish, salmon, mackerel, sardines, tuna and eel. Whole eggs and beef liver also provide vitamin D. Mushrooms are a great option for vegans
- **Exposure to natural** sunlight or UV light also boosts vitamin D levels.

## Luscious lips

We tend to overlook our lips when ironically they are one of the most sensitive spots. The sun can make our lips wrinkle so apply sunscreen (SPF 15) with peptides to keep them hydrated and moisturized and avoid cracking. ROMINA MCGUINNESS

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# RESOLVING YOUR MONEY WOES

**Smug Marrieds**

**KATE STEWART & BRET DAWSON**

2FORCOUPLES.COM

## Fights about finances are pointless but learning to find new things to talk about could be invaluable

**Q: My husband and I have been married for almost five years, and conversation is starting to get a bit lacklustre. I think we're both tired of hearing each other complain about co-workers and the same old banter. Do you have any suggestions for spicing up our talks?**

**Kate says...**

If all you talk about is work, I guess it's because all you think about is work, which is incredibly sad and drone-like. You really need to get engaged with something else. Join a tennis club, volunteer at a food bank, start an aquarium. You could plan a trip or take a needlepoint class together. Or, you could just read a newspaper and talk about that, for heavens sake. Use your imaginations, you sad drone people.

**Bret says...**

How about taking a cue from Oprah and reading a book together? Once you've managed a few pages, you'll be bursting with stuff to talk about. You'll discuss character and theme and symbol and tone. You'll feel thoughtful and excited. You'll notice that your husband is paying attention to your ideas and not just your ass, and you will find that quietly erotic. When you grow confident enough to exchange theories about how poor Walter is going to survive his visit to the vet, you will swell with the self-important flush that is the exclusive prerogative of the thoughtful reader. And you will have had an evening off, which will make talking about co-workers seem super interesting the next day.

**Q: We're always scrapping about money. Will things ever get better as our relationship evolves?**

**Bret says...**

That depends. If you are a jerk about it, no, things will not improve, and, after a while, your partner will get bored of

you, and shortly after that, you will join the ranks of The People Who Are Making Financial Fresh Starts In Their 40s. So maybe you should try not being such a dick for a change. What is money for? It is for spending. It is for spending on food and drinks and clothes and trips and books and electronics. If you have a pile of money and all you do is sit on it, you are a dumb. Go buy a chair if you need something to sit on.

If you are like most people your age, your largest expense is the place you live. If you are a smart person, you will realize that clever use of your spending power can make that housing expense go away. Pay down your mortgage early and you will find you can survive on one-and-a-half incomes.

All this is a long way of saying this: Fights about money always have two sides. Here are some simple rules for resolving those fights: 1) Money is for spending and only for spending. It makes a shitty chair. 2) Spending money on interest is for morons. 3) Owning your pad outright equals not having to work so hard anymore. 4) The longer you wait to take that big trip, the less fun it will be.

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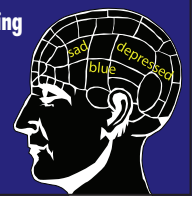


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# A refreshing first course to beat the heat

**Too hot for soup? Not for this *cool* dish. Iced melon and berry soup is best made with ripe, sweet melons. And don't forget to dress up each bowlful with a swirl of berry purée and some whole berries.**

**Ingredients :**
- 1 ripe honeydew melon
- 1 Tbsp fresh lime juice
- 2.5 cm piece fresh ginger, peeled and grated
- 3/4 cup blueberries
- 1/2 cup orange juice
- 2 Tbsp low-fat plain yogurt
- 3/4 cup raspberries

**Preparation:**

1. Halve melon, discard seeds, and use spoon to scoop flesh out of peel into food processor. Add lime juice and ginger. Purée until smooth, pausing occasionally to push pieces of melon to bottom of goblet.
2. Pour purée into bowl, cover and refrigerate until completely cool, about 30 minutes.
3. Put blueberries into food processor. Add orange juice and yogourt and purée until smooth. Transfer to second bowl, cover and refrigerate until completely cool, about 30 minutes.
4. Divide melon soup among 4 chilled glass bowls. Swirl 1/4 of blueberry purée in centre of each bowl. Scatter raspberries on top. Serve immediately.

CONTRIBUTED BY

*For more information visit: readersdigest.ca*

▶ Iced Melon and Berry Soup

Mocha Ricotta Tiramisu

# Mocha Ricotta Tiramisu

**Preparation:**

1. Break each ladyfinger into 3 pieces, then divide evenly among four 250 mL dessert glasses.
2. Place espresso in glass measuring cup and add boiling water. Add brandy and 1 tsp sugar; stir to dissolve. Pour evenly over ladyfingers. Leave to soak.
3. Beat ricotta with yogourt, icing sugar and vanilla extract until smooth and creamy. Pile on top of soaked ladyfingers.
4. Sprinkle top of each dessert with grated chocolate. Cover and chill at least 30 minutes (but no more than 3 hours) before serving.

READERS DIGEST

**Ingredients :**

- 8 ladyfingers, halved
- 1 tsp instant espresso powder
- 1/2 cup boiling water
- 2 Tbsp brandy
- 1 tsp sugar
- 1 cup light ricotta cheese
- 1 cup plain low-fat yogurt
- 1/4 cup sifted icing sugar
- 1 tsp vanilla extract
- 1 square semi-sweet dark chocolate, grated

**Liquid Assets**

## Switch up your wine countries

If you want to learn more about wine you've got to be willing to try different styles, from different countries, made with different grapes.

Not that I want to rant (look where that's gotten Mel Gibson lately!); it's just that the river to liquid expertise is flowing with more than just pinot grigio and merlot.

Take viognier. Tracing its roots to the Rhone Valley in France it has quietly become the hottest white grape on the shelf thanks to its full, floral aromas and light tropical (often spicy) flavours. That kind of personality means it's more than just menu friendly; it's a by-the-glass winner that shines bright in the summertime.

If, like me, you're mad about Thai cuisine, then the 2009 Yalumba 'Y Series' Viognier ($17.99 - $18.30) from South Australia — with its exotic mix of citrus, pear and subtle white pepper — will knock you on your pad Thai.

But don't fear red fans, viognier (thanks to its French heritage) is a blender's dream often underlining its fellow grapes with an accent of refreshing spice. The Yalumba 2008 'Y Series' Shiraz Viognier ($14.95 - $18.30) is all about bright, juicy cranberry/cherry flavours ideally matched with a rack of barbecued ribs.

**PETER ROCKWELL**
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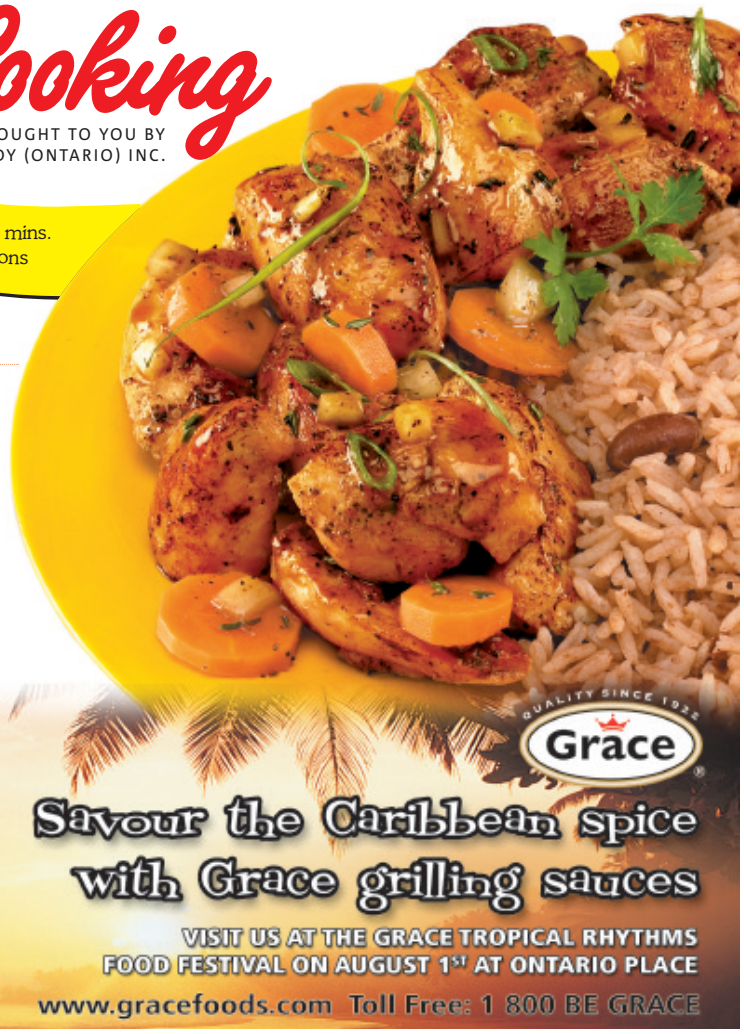
Marinate Time: 2 hrs. / Serves: 4-6 persons

**Ingredients**

3½ - 4 lbs. of chicken
1 Bottle of Grace Jerk BBQ Sauce
1 Bottle of Grace Jerk Marinade

**Method**

1. 3½ - 4 lbs. of chicken, cut it into 8 serving pieces.
2. Rinse the chicken pieces under cold water and pat dry with paper towels.
3. Place chicken in a large re-sealable plastic bag and pour in the Grace Jerk Marinade.
4. Press the air out of the bag and seal tightly and turn the bag to distribute the marinade well.
5. Refrigerate the bag between two (2) to four (4) hours.
6. Remove the chicken from the bag.
7. Preheat the grill to 350°F and brush the grids with vegetable or olive oil to prevent sticking.
8. Place chicken on grill for 30 mins., turning every 5 to 10 mins.
9. Baste with Grace Jerk BBQ Sauce during the last 10 to 15 minutes of grilling time.
10. Remove from the Grill and serve with your favorite side dish.



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# GET FIT FOR THE RATE FIGHT

Rising interest rates have Canadians stampeding to their banks to lock-in or consolidate their loans.

Sadly, in this state of urgency, people often forget two important pieces of information; first, interest rates are still at historically low levels, thus there is no need for the mad dash, and second, lenders are still willing to negotiate with you. Rather than rushing to secure an interest rate, often at the mercy of your lender, take a moment to coordinate your debts and develop a game-plan.

Like a boxer preparing for the ring, you need to put your gloves on and get ready for a match — an interest rate negotiation. Get prepared by gathering a detailed list of everything you owe, to whom, balances, current rates and required payments. Next, research current rates by reviewing the websites of various lenders and the Bank of Canada (bankofcanada.ca). Then ask your lender for a lower rate on all your debt. There are a variety of ways they can give do this. If your lender doesn't want to work with you, transfer your business. One more thing — don't rack up any more consumer debt while you're paying off your existing debts.

# 8 cheap beat the heat solutions

**From stripping naked to cool showers, learn how to save on sweltering energy costs**

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Get creative to beat the heat and you'll save money too.

We were having a tropical heat wave just as I left Canada for two weeks in Florida. And when I got here, no surprise, I found more of the same. Top most of everyone's mind in this swelter is how to stay cool.

But I, being of a financial orientation, am also interested in how to stay cool while saving a bit of money. We still have the dog days of August to come and the Farmer's Alamanac tells me that most of Canada is going to be hotter than normal.

▶ With rising energy costs it can be tough to beat the heat.

With homes increasingly being forced on to smart meters for electical usage, air conditioning is going to be even more expensive if you run it during both peak and mid-peak hours.

It's all fine if you're rich or work 9 to 5 with no one in the house during the day. Not so great if you work from home, are a stay-at-home parent or have kids or elderly parents trying to stay cool during peak hours.

Here are 8 cheap Beat the Heat suggestions from steamy Florida:

1. Keep shades drawn all day and open them and windows at night
2. Keep a towel in the freezer to wrap around your neck
3. Put a bowl of ice in front of a fan
4. Roll up floor rugs to expose cooler floor surfaces
5. Take a quick cool shower before bed
6. Spritz yourself with a fine water spray
7. Even with a balcony or tiny yard lolling in a small blow up pool is very cooling
8. Strip. Really! Buck naked

## Interest rates/ Savings accounts

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| CIBC | 0.70% |
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Travel Oct 6 - Oct 13/aa + taxes & fees $365

New Orleans $278
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# Confidence key when negotiating your pay

## What to do when faced with the daunting pay expectations question

DREW HINSHAW
METRO WORLD NEWS

It doesn't happen often in the job-finding process, but sometimes in the late stage of an interview, the hiring company poses a loaded question to its interviewee: How much would you like to be paid?

Wage negotiations should be a relief to job-seekers — a chance to carve a benefits, vacation and salary package to their specified needs — and yet the prospect of playing paycheque poker can spook even the most tested veterans of hiring rituals.

The point to remember, negotiation sharks say, is that the coffee-cup-clenching HR reps on the other end of the conference table are equally nervous.

"It's nerve-wracking for everyone," About.com career planning guide, Dawn Rosenburg McKay, notes.

But it need not be so for you. The best way to give yourself confidence, and leverage at the negotiation table, McKay says, is to come in with a clear idea of what you're likely to walk out with.

"Unfortunately, most people kind of wing it," says Ron Krannich, author of Dynamite Salary Negotiations. "You should really go in with an idea of what the salary ranges are for that area."

**"(If they give you a range) put their high figure at the very bottom of your range."**
RON KRANNICH

### Asking for a raise

- Asking for a raise can be tough, but Emily Candy, an HR advisor at Rogers Media says to "check your self-entitlement at the door, but not your confidence."
- Candy says "stick to facts and examples" of your good work when talking the boss and be specific — lay out what objectives you've exceeded over the year.
- If your employer says no, try not to take it personally. "It may not be because your boss doesn't want to give you a raise, but they may need to jump through a few hoops." If the answer is "not now" find out when's a good time to revisit the discussion.

BRYAN BORZYKOWSKI

ISTOCK

▶ Always have a salary range pre-decided.

But don't stride into the room ready to hammer a hard bargain. Your first task is to sniff out what your future company is willing to pay.

"They're liable to throw out the question 'What are your salary expectations?'" Krannich warns. "Just throw it back: 'What do you normally pay for someone with my qualifications?'"

If they give you a range, "put their high figure at the very bottom of your range," he says.


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# Back to school traditions

**Do your kids get down in the dumps on the first day of school**
**Try turning it into a celebration**

Rebecca Miller Wilson wants her three children to look forward to the first day of school, so she makes a celebration of it.

She hangs signs outside their rooms, prepares special foods and takes lots of photos. The traditions ease the transition back to school and give the kids a reason to be excited.

"I want to set them up for enjoying school," said Wilson of Phoenix. The first day should "set the tone for how the school year should go."

Back-to-school traditions at home can help children adjust to the changes a new year brings, said Tim Sullivan, founder of School Family Media, which focuses on increasing parental involvement in schools.

"Anything that encourages the thought that school is a special time is a good thing," Sullivan said from his office in Wrenthem, Mass.

Parents who make a fuss about the first day back also are sending the important message that "school's a priority in our family," he added.

Jessica Fisher of San Diego serves her six children homemade apple pie for breakfast on the first day of school. It's a sweet way to signal their return to their home-school schedule.

"It helps to mark that shift and make it really fun — not something they dread," said Fisher, who started the tradition four years ago.

The pie does lessen the pain of returning to school, said her eight-year-old son, Calvary.

"The first day of school is both good and bad," he said. "It's the end of summer vacation, which makes it bad, but we get pie for breakfast so that makes it good."

Keeping the traditions simple makes it easier to do them year after year, said Alanna Stang, executive editor of Martha Stewart Living magazine.

"Simple and thoughtful is always the best," she said. Small gestures "show kids someone is thinking about me."

Having first-day-of-school traditions also gives parents the opportunity to mark milestones in children's lives that might otherwise get overlooked, Stang said.

"In our fast-paced lives, the meaning of the moment can get lost in the shuffle," she said.

She suggests finding a mix of traditions that involve small surprises for the children, and projects that parents and kids can work on together.

In addition to preparing treats, Wilson takes her children shopping and lets them each pick out a new backpack. She takes photos of the kids with the new bags, which often reflect their developing personalities or interests.

"It's fun to see some of the choices they've made," she said.

THE ASSOCIATED PRESS

### Ideas

**Here are more ideas for back-to-school traditions:**

- Pack a note with a loving message, joke or drawing in the child's lunch box.
- Make a bracelet or necklace, or braid a pair of shoelaces together that the child can wear on the first day.
- Decorate a backpack with a beaded key chain, homemade pompons or a name tag.
- Hide a small treat, such as a sticker or small toy, in the child's pocket.

THE ASSOCIATED PRESS

HANDOUT PHOTOS

▶ Getting a new backpack every year on the first day of school can be a great way to help kids through the day.

**"Anything that encourages the thought that school is a special time is a good thing."**
TIM SULLIVAN, FOUNDER OF SCHOOL FAMILY MEDIA

▶ Taking a picture in the morning of the first day of school is an easy way to start a back to school tradition.

## Before and after

Summer Werchowski is continuing a tradition her own mother started: Taking yearly photos in the morning and in the afternoon on the first day of school.

"I looked all cute in the beginning," she said. By the end of the day, "I just looked like I had been through a war.

"Looking back on my childhood, that's what I remember — all the special traditions we had," said Werchowski.

THE ASSOCIATED PRESS

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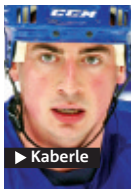
## Burke takes time with Kaberle

In a week's time, if Leafs GM Brian Burke starts talking about the big one that got away, it will have more to do with fishing than Ilya Kovalchuk or Simon Gagne.

While two big names made big news yesterday, the Maple Leafs put a Gone Fishin' sign on Burke's office door while the GM takes his annual summer fishing trip.

But before casting a rod, Burke addressed the major issue facing the team — the future of defenceman Tomas Kaberle, and it's officially status quo while he trolls for a better offer.


▶ Kaberle

"The number of offers are up to six, but we're not in a position where we think any of them are good enough," said Burke. "We're still in a holding pattern."

The Leafs have until Aug. 15 to trade Kaberle before his no-trade clause kicks back in. The all-star defenceman is heading into the final year of a contract that pays him $4.25 million US.

Burke has said he wants a top-line forward for Kaberle — at one point the Lightning were believed to be dangling Ryan Malone, who has four years left on a contract that pays an average of $4.5 million US. Burke has also said he would be just as happy keeping Kaberle, leaving open the possibility of re-signing the longest-serving Maple Leaf.

As for Marc Savard, there's been no activity. Burke declined to talk about the Bruins centre, who apparently wants out of Boston.

TORSTAR NEWS SERVICE

BRUCE BENNETT/GETTY IMAGES

▶ Ilya Kovalchuk has reached a deal with the New Jersey Devils.

# Jersey score: Ilya's staying

**Kovalchuk reaches deal with Devils for reported 17 years, $100 million**
**Russian sniper's final choice came down to New Jersey and Los Angeles**

Unlike the NBA's LeBron James, the biggest prize on the NHL free agent market isn't moving.

Ilya Kovalchuk is staying with the New Jersey Devils.

Kovalchuk's agent and the team announced yesterday that the high-scoring left-winger has agreed to a multi-year contract, ending weeks of speculation where the league's leading goal scorer since 2001 would be skating next season.

Several reports pegged the deal at 17 years and around $100 million US.

"This was a long, arduous process that has taken frankly a little longer than I thought," agent Jay Grossman said in a telephone interview with The Associated Press.

"But you know what, nothing is worth anything unless you work for it. I can tell you he is very happy to be with the New Jersey Devils."

The Los Angeles Kings, New York Islanders, Devils and SKA St. Petersburg of Russia's Kontinental Hockey League talked with Kovalchuk after free agency started July 1.

The final decision came down to the Kings and the three-time Stanley Cup champion Devils, who haven't won a title since 2003.

THE ASSOCIATED PRESS

### Leaving Atlanta

**How the Devils landed Ilya Kovalchuk.**

1. Kovalchuk rejected a 12-year, $101-million extension offered by the Thrashers.
2. Kovalchuk was acquired by the Devils in February for a package of players and draft picks.

## Schleck steaming after rival fails to wait for him

Luxembourg's Andy Schleck lost his yellow jersey as overall leader of the Tour de France to defending champion Alberto Contador yesterday after suffering mechanical failure at a disastrous moment.

Afterward, a furious Schleck accused Contador of taking the jersey unfairly because he didn't wait while Schleck stopped to fix the chain on his bike. Contador insisted he didn't know Schleck had had a problem.

French champion Thomas Voeckler won the day's race, the second of the Tour de France's four big stages in the Pyrenees, with a solo ride. Victoria's Ryder Hesjedal finished 16th to move into 10th spot overall.

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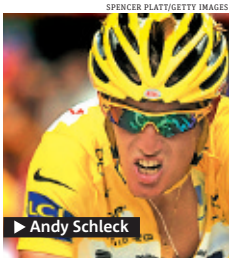
SPENCER PLATT/GETTY IMAGES


▶ Andy Schleck

### Sports in brief

## Lightning land Gagne in trade

**NHL** Steve Yzerman continued his makeover of the Tampa Bay Lightning yesterday. The Lightning GM acquired forward Simon Gagne from the Philadelphia Flyers for defenceman Matt Walker and a 2011 fourth-round pick. Gagne has played in 664 career NHL games, all with the Flyers, and has amassed 524 points, including 259 goals.

THE ASSOCIATED PRESS

## Raps will play in Vancouver

**NBA.** Steve Nash and the Phoenix Suns will battle the Toronto Raptors in an NBA pre-season game Oct. 6 at Vancouver's Rogers Arena. Nash, a Victoria native and two-time league MVP, headlines a Suns roster that includes Grant Hill, Jason Richardson and former Raptor Hedo Turkoglu.

THE CANADIAN PRESS

4 sports

### News in brief

1. Jamaal Magloire has re-signed with Miami.
2. Justin Morneau will likely miss at least another week's worth of games.
3. Sam Mitchell is back in the NBA, this time as an assistant with the New Jersey Nets.

THE ASSOCIATED PRESS

Scan this code for more sports

# It's been a long time coming for St. George's

- Canadian Open returns to Toronto course for first time since 1968
- Mike Weir, with his supreme putting skills, has experience on course

DAVID COOPER/TORSTAR NEWS SERVICE

▶ St. George's Golf and Country Club will host the Canadian Open this week.

The history books might be the best place to look for a hint of what's to come during this week's RBC Canadian Open.

With the tournament returning to St. George's Golf and Country Club for the first time since 1968, there's a little bit of mystery heading into the 101st playing of Canada's national championship.

Bob Charles was the last man to lift the trophy on the Stanley Thompson layout in west Toronto. He waged a head-to-head battle with Jack Nicklaus during the final round, pulling out a two-stroke victory over the Golden Bear despite routinely being outdriven by 30 yards or more.

Putting ended up being the difference in the tournament.

"He just flat beat me," Nicklaus said after one of his seven runner-up finishes in Canada.

"Every putt he makes looks like it's going to go in. He putts considerably better than anyone else on the tour."

A look back at that event offers two good omens for Canada's Mike Weir. He's a lefty like Charles, and he's currently ranked second on the PGA Tour in putts per round.

Weir has also had the chance to play St. George's over the years — an experience many in the field won't have.

The players started arriving to the course yesterday and will familiarize themselves with its layout as much as possible before Thursday's opening round. Having some of the world's best golfers back on the property was a welcome sight for those associated with the club.

One of the main reasons the Canadian Open has been away so long is because of the logistics involved with staging it on a small parcel of land in the country's largest city.

When the decision was made to stop holding the event at Glen Abbey each year, Golf Canada started working on plans to bring it back to St. George's.

THE CANADIAN PRESS

**Money**

▶ Forty-two years ago, Bob Charles received a winner's cheque of $25,000 from the purse of $125,000. This year's champion will claim $918,000 of the $5.1 million on offer.

# Gregg blows lead in Jays loss

| | |
|---|---|
| 4 | 5 |
| BLUE JAYS | ROYALS |

Alberto Callaspo's RBI single with two outs in the 10th inning lifted Kansas City to a 5-4 victory over the Toronto Blue Jays last night.

Scott Podsednik led off the 10th with a triple to right-centre and scored on Jason Kendall's sacrifice fly to tie the game. Blue Jays closer Kevin Gregg (0-4) suffered his third blown save in 25 opportunities.

With two outs in the inning, Gregg walked Billy Butler and Jose Guillen. Callaspo then singled up the middle to score Chris Getz, who ran for Butler.

Toronto had taken a 4-3 lead in the top of the 10th when Fred Lewis scored on Jose Bautista's single.

Yunel Escobar, who was acquired in a July 14 trade with Atlanta, homered in the second inning. He has homered in back-to-back games and has seven RBIs in that span. THE ASSOCIATED PRESS

ED ZURGA/THE ASSOCIATED PRESS

▶ Yunel Escobar hits a home run yesterday.

## Scoreboard

### BASEBALL

#### AL EAST

| | W | L | Pct | GB |
|---|---|---|---|---|
| NEW YORK | 58 | 33 | .637 | - |
| TAMPA BAY | 56 | 36 | .609 | 2.5 |
| BOSTON | 52 | 40 | .565 | 6.5 |
| TORONTO | 47 | 46 | .505 | 12 |
| BALTIMORE | 29 | 63 | .315 | 29.5 |

#### AL CENTRAL

| | W | L | Pct | GB |
|---|---|---|---|---|
| CHICAGO | 50 | 41 | .549 | - |
| DETROIT | 48 | 42 | .533 | 1.5 |
| MINNESOTA | 49 | 43 | .533 | 1.5 |
| KANSAS CITY | 40 | 52 | .435 | 10.5 |
| CLEVELAND | 38 | 54 | .413 | 12.5 |

#### AL WEST

| | W | L | Pct | GB |
|---|---|---|---|---|
| TEXAS | 53 | 39 | .576 | - |
| LOS ANGELES | 50 | 45 | .526 | 4.5 |
| OAKLAND | 46 | 46 | .500 | 7 |
| SEATTLE | 36 | 56 | .391 | 17 |

**Yesterday's results**

Kansas City 5 Toronto 4 (10 ings)
Tampa Bay 8 Baltimore 1
Texas at Detroit
Cleveland at Minnesota
Boston at Oakland
Chicago White Sox at Seattle

**Today's games**

L.A. Angels at N.Y. Yankees, 7:05 p.m.
Tampa Bay at Baltimore, 7:05 p.m.
Texas at Detroit, 7:05 p.m.
Cleveland at Minnesota, 8:10 p.m.
Toronto at Kansas City, 8:10 p.m.
Boston at Oakland, 10:05 p.m.
Chicago White Sox at Seattle, 10:10 p.m.

#### NL EAST

| | W | L | Pct | GB |
|---|---|---|---|---|
| ATLANTA | 54 | 38 | .587 | - |
| NEW YORK | 49 | 43 | .533 | 5 |
| PHILADELPHIA | 48 | 44 | .522 | 6 |
| FLORIDA | 45 | 47 | .489 | 9 |
| WASHINGTON | 40 | 53 | .430 | 14.5 |

#### NL CENTRAL

| | W | L | Pct | GB |
|---|---|---|---|---|
| ST. LOUIS | 52 | 41 | .559 | - |
| CINCINNATI | 52 | 42 | .553 | .5 |
| MILWAUKEE | 43 | 51 | .457 | 9.5 |
| CHICAGO | 42 | 52 | .447 | 10.5 |
| HOUSTON | 38 | 55 | .409 | 14 |
| PITTSBURGH | 32 | 60 | .348 | 19.5 |

#### NL WEST

| | W | L | Pct | GB |
|---|---|---|---|---|
| SAN DIEGO | 54 | 37 | .593 | - |
| COLORADO | 50 | 42 | .543 | 4.5 |
| SAN FRANCISCO | 50 | 42 | .543 | 4.5 |
| LOS ANGELES | 49 | 43 | .533 | 5.5 |
| ARIZONA | 34 | 58 | .370 | 20.5 |

**Yesterday's results**

Cincinnati 7 Washington 2
Florida 9 Colorado 8
Houston 11 Chicago Cubs 5
Milwaukee 3 Pittsburgh 1
St. Louis 8 Philadelphia 4
N.Y. Mets at Arizona
San Francisco at L.A. Dodgers

**Today's games**

Milwaukee at Pittsburgh, 7:05 p.m.
Colorado at Florida, 7:10 p.m.
San Diego at Atlanta, 7:10 p.m.
Washington at Cincinnati, 7:10 p.m.
Houston at Chicago Cubs, 8:05 p.m.
Philadelphia at St. Louis, 8:15 p.m.
N.Y. Mets at Arizona, 9:40 p.m.
San Francisco at L.A. Dodgers, 10:10 p.m.

**JAYS MONDAY BOX SCORE**

| TORONTO | AB | R | H | BI | BB | SO | AVG. |
|---|---|---|---|---|---|---|---|
| F.LEWIS LF | 5 | 1 | 2 | 0 | 0 | 1 | .283 |
| Y.ESCOBAR SS | 4 | 1 | 2 | 2 | 0 | 0 | .471 |
| J.BAUTISTA RF | 5 | 0 | 2 | 1 | 0 | 0 | .236 |
| V.WELLS CF | 5 | 0 | 1 | 0 | 0 | 1 | .267 |
| LIND DH | 5 | 0 | 1 | 0 | 0 | 3 | .215 |
| A.HILL 2B | 4 | 1 | 1 | 0 | 0 | 0 | .195 |
| OVERBAY 1B | 4 | 0 | 2 | 0 | 0 | 1 | .253 |
| J.BUCK C | 4 | 0 | 1 | 1 | 0 | 0 | .278 |
| ENCARNACION 3B | 4 | 1 | 1 | 0 | 0 | 1 | .229 |
| **TOTALS** | **40** | **4** | **13** | **4** | **0** | **7** | |

| KANSAS CITY | AB | R | H | BI | BB | SO | AVG. |
|---|---|---|---|---|---|---|---|
| PODSEDNIK LF | 5 | 1 | 1 | 0 | 0 | 0 | .300 |
| KENDALL C | 4 | 0 | 1 | 2 | 0 | 0 | .270 |
| DEJESUS CF | 5 | 0 | 1 | 0 | 0 | 0 | .318 |
| B.BUTLER 1B | 4 | 0 | 1 | 0 | 1 | 1 | .316 |
| 1-GETZ PR | 0 | 1 | 0 | 0 | 0 | 0 | .233 |
| J.GUILLEN DH | 4 | 0 | 2 | 0 | 1 | 0 | .278 |
| CALLASPO 3B | 5 | 0 | 1 | 1 | 0 | 0 | .276 |
| AVILES 2B | 3 | 2 | 1 | 0 | 1 | 0 | .300 |
| BLOOMQUIST RF | 3 | 1 | 1 | 0 | 1 | 1 | .233 |
| Y.BETANCOURT SS | 4 | 0 | 1 | 2 | 0 | 1 | .259 |
| **TOTALS** | **37** | **5** | **10** | **5** | **4** | **3** | |

| TORONTO | IP | H | R | ER | BB | SO |
|---|---|---|---|---|---|---|
| CECIL | 6 ⅓ | 6 | 3 | 3 | 3 | 1 |
| S.DOWNS BS,2-2 | ⅓ | 1 | 0 | 0 | 0 | 0 |
| FRASOR | 1 | 0 | 0 | 0 | 0 | 1 |
| CAMP | 1 | 0 | 0 | 0 | 0 | 1 |
| GREGG L,0-4 BS,4-25 | ⅓ | 3 | 2 | 2 | 1 | 0 |

| KANSAS CITY | IP | H | R | ER | BB | SO |
|---|---|---|---|---|---|---|
| DAVIES | 7 | 10 | 3 | 3 | 0 | 5 |
| TEJEDA | 1 | 0 | 0 | 0 | 0 | 1 |
| SORIA | 1 | 1 | 0 | 0 | 0 | 0 |
| FARNSWORTH W,3-0 | 1 | 2 | 1 | 1 | 0 | 1 |

### TODAY IN HISTORY

1858 — Fans are charged for the first time to see a baseball game. Approximately 1,500 people pay 50 cents to see the New York All-Stars beat Brooklyn 22-18 at Fashion Race Course on Long Island.

2008 — Padraig Harrington is the first European in more than a century to win golf's oldest championship two years in a row. Harrington pulls away from mistake-prone Greg Norman and holds off a late charge by Ian Poulter for a four-shot victory in the British Open.

### CFL

#### EAST DIVISION

| | GP | W | L | T | PF | PA | Pt |
|---|---|---|---|---|---|---|---|
| MONTREAL | 3 | 2 | 1 | 0 | 100 | 89 | 4 |
| TORONTO | 3 | 2 | 1 | 0 | 79 | 88 | 4 |
| WINNIPEG | 3 | 1 | 2 | 0 | 90 | 93 | 2 |
| HAMILTON | 3 | 1 | 2 | 0 | 79 | 79 | 2 |

#### WEST DIVISION

| | GP | W | L | T | PF | PA | Pt |
|---|---|---|---|---|---|---|---|
| SASK. | 3 | 3 | 0 | 0 | 115 | 89 | 6 |
| CALGARY | 3 | 2 | 1 | 0 | 77 | 65 | 4 |
| B.C. | 3 | 1 | 2 | 0 | 55 | 63 | 2 |
| EDMONTON | 3 | 0 | 3 | 0 | 53 | 82 | 0 |

**Thursday's game**

Hamilton at Montreal, 7:30 p.m.

**Friday's game**

B.C. at Toronto, 7:30 p.m.

### TRANSACTIONS

**NHL**

NEW JERSEY DEVILS-Agreed to terms with F Ilya Kovalchuk.

NEW YORK RANGERS-Traded F Tomas Zaborsky to Anaheim for D Matt McCue.

TAMPA BAY LIGHTNING-Acquired LW Simon Gagne from Philadelphia for D Matt Walker and a 2011 fourth-round draft pick.

**American League**

BALTIMORE ORIOLES-Activated OF Luke Scott from the 15-day DL. Optioned RHP Frank Mata to Norfolk (IL).

DETROIT TIGERS-Recalled RHP Armando Galarraga from Toledo (IL). Optioned LHP Andy Oliver to Toledo.

**National League**

SAN DIEGO PADRES-Signed manager Bud Black to a contract extension through the 2013 season.

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| YONGE ST & LAWRENCE | 3000 Yonge St | Bachelor $825 1 Bd from $995 Penthouse $1650 | 416-529-1697 | One month free on select suites |
| AVENUE/ST.CLAIR | 425 Avenue Rd | Bachelor Apartments $825 1 Bd $1075 | 416-526-8982 | One month free on select suites |

**NORTH YORK**

| | | | | |
|---|---|---|---|---|
| KEELE & LAWRENCE | 2050 Keele St | Jr 1 Bd $785 1 Bd $835 2 Bd $975 3 Bd $1160 | 416-529-3867 | Ask about our rental incentives |
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| BATHURST & STEELES | 6000 Bathurst | Bach $825 1 Bd $1000 2 Bd $1135 3 Bd $1375 | 416-529-3867 | One month free on select suites |

**SCARBOROUGH**

| | | | | |
|---|---|---|---|---|
| KENNEDY & 401 | 4a Antrim | 1 Bdrms from $885 2 Bdrms from N/A | 416-529-9644 | Utilities included. Ask about our 1 mth free move in incentive |

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| | | | | |
|---|---|---|---|---|
| LAKESHORE & CLARKSON GO* | 2150 Bromsgrove Rd | 1 Bdrms $995 2 Bd from $1135 | 416-529-1761 | Ask about our 1st mth free move in incentive |

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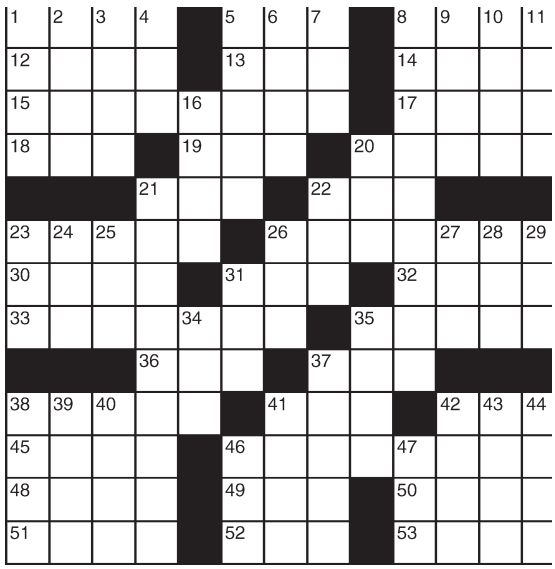
## Crossword



**Across**

1 Burbot or turbot
5 Rock band's need, for short
8 Layer
12 Opposed to
13 Cattle call?
14 Not working
15 Group's headlong rush
17 Office part-timer
18 Plaything
19 Individual
20 Elegance
21 Moreover
22 Trouble
23 Due
26 Bret Michaels' trademark
30 Crucifix
31 Snug rug occupant
32 Verve
33 Kentucky brew
35 Lachrymose
36 History chapter
37 Angry
38 Last letter
41 Droop
42 That woman
45 Actress Moore
46 Hoover Dam water
48 Oklahoma city
49 Rage
50 Saharan
51 Foolproof
52 Links statistic
53 — a soul (nobody)

**Down**

1 Rapid
2 Division word
3 Remain
4 That fellow
5 Improve a text
6 Fashion
7 "Ulalume" writer
8 Monopoly card
9 Notion
10 "Desire Under the —"
11 Agents, for short
16 Very early video game
20 Opposed to
21 "The Immoralist" author
22 Witty one
23 Sphere
24 Seek the affection of
25 Debt notice
26 Hamburger holder
27 Milwaukee product
28 Siesta
29 Whatever number
31 — constrictor
34 Underwear with underwire
35 Carry on
37 Creator
38 Tributes in rhyme
39 Options list
40 Eastern potentate
41 Country singer Evans
42 Antitoxins
43 Tresses
44 Vortex
46 Back talk
47 Chap

▶ Yesterday's answer

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | I | T | | | E | B | B | | B | O | S | S | | |
| K | N | O | B | | L | E | U | | U | N | I | T | | |
| E | C | R | U | | F | A | R | | S | E | X | Y | | |
| W | H | I | S | K | | D | R | A | T | | | | | |
| | | | T | I | C | | O | D | E | S | S | A | | |
| B | O | R | E | D | O | M | | O | R | L | O | P | | |
| U | S | E | R | | B | A | G | | K | A | L | E | | |
| S | L | A | C | K | | R | E | N | E | W | E | D | | |
| H | O | R | R | I | D | | L | E | A | | | | | |
| | | | A | N | O | N | | E | T | H | E | R | | |
| S | L | O | B | | W | O | O | | O | O | Z | E | | |
| H | E | R | B | | N | T | H | | N | O | R | M | | |
| Y | O | R | E | | Y | E | S | | | P | A | Y | | |

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 5 | | | | | | 9 | 6 |
| | | 7 | 6 | | | 3 | | |
| 4 | | | 9 | | 3 | | | |
| 8 | | | | 1 | | 6 | 3 | |
| | | | | 2 | | | | |
| | 1 | 5 | | 4 | | | | 8 |
| | | | 4 | | 5 | | | 2 |
| | | 9 | | | 7 | 8 | | |
| 2 | 6 | | | | | | 4 | 7 |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | 5 | 3 | 2 | 4 | 7 | 6 | 1 | 9 |
| 6 | 4 | 7 | 5 | 1 | 9 | 2 | 3 | 8 |
| 2 | 9 | 1 | 6 | 8 | 3 | 5 | 7 | 4 |
| 7 | 8 | 5 | 4 | 6 | 2 | 3 | 9 | 1 |
| 3 | 1 | 2 | 7 | 9 | 8 | 4 | 6 | 5 |
| 4 | 6 | 9 | 3 | 5 | 1 | 8 | 2 | 7 |
| 5 | 3 | 4 | 9 | 7 | 6 | 1 | 8 | 2 |
| 9 | 2 | 8 | 1 | 3 | 5 | 7 | 4 | 6 |
| 1 | 7 | 6 | 8 | 2 | 4 | 9 | 5 | 3 |

## Send a KISS

**Show some love! Send a note to somebody special at kiss@metronews.ca**

*Arezoo, you have always been my love, my strength, my passion, and my support, When seeing that spark of joy in your eyes, I get the peace and happiness in my heart. I love you from the deepest of my heart.*
**NIMA**

*To Corri: Happy 29th .... Again. Couldn't get you off my mind.*
**FRANK**

*Michelle; you are the one! Love you so much baby.*
**ANDREW**

*My beautiful baby, Matthew*
*I just want you to know that you mean everything to me. You are so important and so special to me. I cannot imagine spending my life without you. I love you with all of my heart baby. Forever and always,*
**TIMASHA**

The Weather Network ©The Weather Network 2010
Today Showers 60% 23° / 18°
Wednesday Partly cloudy 27° / 19°
Thursday Partly cloudy 28° / 22°

## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 19** Your feelings for someone will swing from like to dislike and back again two minutes later. It's obvious you don't really know what your real emotions are so resist saying anything too outrageous.

**♉ Taurus April 20-May 21** The reason you seem so accident prone at the moment is because you are rushing here, there and everywhere trying to get a dozen things done in record quick time.

**♊ Gemini May 22-June 21** You may have taken chances with money and got away with it in the past but you must not take chances today. Avoid any and all situations where you might want to gamble.

**♋ Cancer June 22-July 22** Because you are so full of yourself at the moment you could say something thoughtless and hurt someone emotionally.

**♌ Leo July 23-Aug.23** Today's cosmic picture warns that your fears and insecurities could easily get the better of you. The only things you should treat with suspicion are those dark thought that creep into your head.

**♍ Virgo Aug. 24- Sept. 22** Certain issues need to be brought out into the open where they can be discussed and debated in a rational manner. Be honest about what you think and feel.

**♎ Libra Sept. 23-Oct. 23** You may be anxious about some of the new responsibilities you have taken on but once you get busy you will discover that you have a talent for solving problems and providing leadership.

**♏ Scorpio Oct. 24-Nov. 22** You never take kindly to criticism and today will be no different. You are not in the least bit interested in other people's opinions, about you or about anything else.

**♐ Sagittarius Nov. 23-Dec. 21** Try not to rush decisions today because it will cause problems that could so easily have been avoided. Logic seems to be in short supply at the moment.

**♑ Capricorn Dec. 22-Jan. 20** Keep your opinions to yourself and keep your nose out of other people's business. Partners and colleagues are in no mood to accept interference, so bite your tongue.

**♒ Aquarius Jan. 21-Feb. 18** Other people can sense that you are easily aggravated and will go out of their way to irritate you. Mind planet Mercury in your opposite sign urges you to keep control of your emotions.

**♓ Pisces Feb. 19-March 20** Your disagreements with someone may be of a fundamental nature but you can still work together for mutual benefit.

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## Caption contest

## You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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+Taxes & other fees (including service charges): $315

## JAMAICA

**Sunset Jamaica Grande Resort & Spa • 4★**
All-Inclusive
Standard rm.
Aug. 6 – 25 • 1 wk.

$749
+Taxes & other fees (including service charges): $286
Please add $50 for Sat. & Sun. departures

**Gran Bahia Principe Jamaica • 4 1/2★**
All-Inclusive
Junior suite
Aug. 6 – 25 • 1 wk.

PRIVILEGES
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+Taxes & other fees (including service charges): $286
Please add $50 for Sat. & Sun. departures

## MEXICO

### Cancun/Riviera Maya

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+Taxes & other fees (including service charges): $296

### Puerto Vallarta/ Riviera Nayarit

**Meliá Puerto Vallarta • 4★**
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## CUBA

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Aug. 7 – 21 • 1 wk.

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+Taxes & other fees (including service charges): $233
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### Varadero

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Departure tax: 25 CUC cash, paid locally

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## SAINT LUCIA

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Sept. 4, 5, 11 & 12 • 1 wk.

$1099
+Taxes & other fees (including service charges): $229

## USA

### BOSTON

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## CRUISE

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